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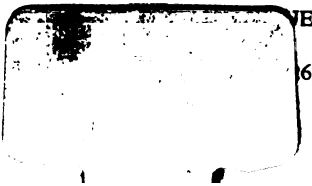

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MRS. SEELY'S COOK BOOK

A MANUAL OF

FRENCH AND AMERICAN COOKERY

WITH CHAPTERS ON

DOMESTIC SERVANTS

THEIR RIGHTS AND DUTIES

AND MANY OTHER DETAILS OF HOUSEHOLD MANAGEMENT

BY

MRS. L. SEELY

WITH MANY ILLUSTRATIONS

NEW YORK

GROSSET & DUNLAP

PUBLISHERS

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Frontispiece.

A DINING ROOM. GENERAL VIEW.

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PART I

RIGHTS AND DUTIES OF SERVANTS

PAY TABLE FROM ONE DAY TO ONE MONTH

Days	$10	$11	$12	$13	$14	$15	$16	$17	$18	$19	$20	$25	$30	$35
1	0.33	0.37	0.40	0.43	0.47	0.50	0.53	0.57	0.60	0.63	0.67	0.83	1.00	1.17
2	0.67	0.73	0.80	0.87	0.93	1.00	1.07	1.13	1.20	1.27	1.33	1.67	2.00	2.33
3	1.00	1.10	1.20	1.30	1.40	1.50	1.60	1.70	1.80	1.90	2.00	2.50	3.00	3.50
4	1.33	1.47	1.60	1.73	1.87	2.00	2.13	2.27	2.40	2.53	2.67	3.33	4.00	4.67
5	1.67	1.83	2.00	2.17	2.33	2.50	2.67	2.83	3.00	3.17	3.33	4.17	5.00	5.83
6	2.00	2.20	2.40	2.60	2.80	3.00	3.20	3.40	3.60	3.80	4.00	5.00	6.00	7.00
7	2.33	2.57	2.80	3.03	3.27	3.50	3.73	3.97	4.20	4.43	4.67	5.83	7.00	8.17
8	2.67	2.93	3.20	3.47	3.73	4.00	4.27	4.53	4.80	5.07	5.33	6.67	8.00	9.33
9	3.00	3.30	3.60	3.90	4.20	4.50	4.80	5.10	5.40	5.70	6.00	7.50	9.00	10.50
10	3.33	3.67	4.00	4.33	4.67	5.00	5.33	5.67	6.00	6.33	6.67	8.33	10.00	11.67
11	3.67	4.03	4.40	4.77	5.13	5.50	5.87	6.23	6.60	6.97	7.33	9.17	11.00	12.83
12	4.00	4.40	4.80	5.20	5.60	6.00	6.40	6.80	7.20	7.60	8.00	10.00	12.00	14.00
13	4.33	4.77	5.20	5.63	6.07	6.50	6.93	7.37	7.80	8.23	8.67	10.83	13.00	15.17
14	4.67	5.13	5.60	6.07	6.53	7.00	7.47	7.93	8.40	8.87	9.33	11.67	14.00	16.33
15	5.00	5.50	6.00	6.50	7.00	7.50	8.00	8.50	9.00	9.50	10.00	12.50	15.00	17.50
16	5.33	5.87	6.40	6.93	7.47	8.00	8.53	9.07	9.60	10.13	10.67	13.33	16.00	18.67
17	5.67	6.23	6.80	7.37	7.93	8.50	9.07	9.63	10.20	10.77	11.33	14.17	17.00	19.83
18	6.00	6.60	7.20	7.80	8.40	9.00	9.60	10.20	10.80	11.40	12.00	15.00	18.00	21.00
19	6.33	6.97	7.60	8.23	8.87	9.50	10.13	10.77	11.40	12.03	12.67	15.83	19.00	22.17
20	6.67	7.33	8.00	8.67	9.33	10.00	10.67	11.33	12.00	12.67	13.33	16.67	20.00	23.33
21	7.00	7.70	8.40	9.10	9.80	10.50	11.20	11.90	12.60	13.30	14.00	17.50	21.00	24.50
22	7.33	8.07	8.80	9.53	10.27	11.00	11.73	12.47	13.20	13.93	14.67	18.33	22.00	25.67
23	7.67	8.43	9.20	9.97	10.73	11.50	12.27	13.03	13.80	14.57	15.33	19.17	23.00	26.83
24	8.00	8.80	9.60	10.40	11.20	12.00	12.80	13.60	14.40	15.20	16.00	20.00	24.00	28.00
25	8.33	9.17	10.00	10.83	11.67	12.50	13.33	14.17	15.00	15.83	16.67	20.83	25.00	29.17
26	8.67	9.53	10.40	11.27	12.13	13.00	13.87	14.73	15.60	16.47	17.33	21.67	26.00	30.33
27	9.00	9.90	10.80	11.70	12.60	13.50	14.40	15.30	16.20	17.10	18.00	22.50	27.00	31.50
28	9.33	10.27	11.20	12.13	13.07	14.00	14.93	15.87	16.80	17.73	18.67	23.33	28.00	32.67
29	9.67	10.63	11.60	12.57	13.53	14.50	15.47	16.43	17.40	18.37	19.33	24.17	29.00	33.83
Mo.	$10	$11	$12	$13	$14	$15	$16	$17	$18	$19	$20	$25	$30	$35

PAY TABLE FROM ONE DAY TO ONE MONTH

Days	$40	$45	$50	$55	$60	$65	$70	$75	$80	$85	$90	$95	$100
1	1.33	1.50	1.67	1.83	2.00	2.17	2.33	2.50	2.67	2.83	3.00	3.17	3.33
2	2.67	3.00	3.33	3.67	4.00	4.33	4.67	5.00	5.33	5.67	6.00	6.33	6.67
3	4.00	4.50	5.00	5.50	6.00	6.50	7.00	7.50	8.00	8.50	9.00	9.50	10.00
4	5.33	6.00	6.67	7.33	8.00	8.67	9.33	10.00	10.67	11.33	12.00	12.67	13.33
5	6.67	7.50	8.33	9.17	10.00	10.83	11.67	12.50	13.33	14.17	15.00	15.83	16.67
6	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00
7	9.33	10.50	11.67	12.83	14.00	15.17	16.33	17.50	18.67	19.83	21.00	22.17	23.33
8	10.67	12.00	13.33	14.67	16.00	17.33	18.67	20.00	21.33	22.67	24.00	25.33	26.67
9	12.00	13.50	15.00	16.50	18.00	19.50	21.00	22.50	24.00	25.50	27.00	28.50	30.00
10	13.33	15.00	16.67	18.33	20.00	21.67	23.33	25.00	26.67	28.33	30.00	31.67	33.33
11	14.67	16.50	18.33	20.17	22.00	23.83	25.67	27.50	29.33	31.17	33.00	34.83	36.67
12	16.00	18.00	20.00	22.00	24.00	26.00	28.00	30.00	32.00	34.00	36.00	38.00	40.00
13	17.33	19.50	21.67	23.83	26.00	28.17	30.33	32.50	34.67	36.83	39.00	41.17	43.33
14	18.67	21.00	23.33	25.67	28.00	30.33	32.67	35.00	37.33	39.67	42.00	44.33	46.67
15	20.00	22.50	25.00	27.50	30.00	32.50	35.00	37.50	40.00	42.50	45.00	47.50	50.00
16	21.33	24.00	26.67	29.33	32.00	34.67	37.33	40.00	42.67	45.33	48.00	50.67	53.33
17	22.67	25.50	28.33	31.17	34.00	36.83	39.67	42.50	45.33	48.17	51.00	53.83	56.67
18	24.00	27.00	30.00	33.00	36.00	39.00	42.00	45.00	48.00	51.00	54.00	57.00	60.00
19	25.33	28.50	31.67	34.83	38.00	41.17	44.33	47.50	50.67	53.83	57.00	60.17	63.33
20	26.67	30.00	33.33	36.67	40.00	43.33	46.67	50.00	53.33	56.67	60.00	63.33	66.67
21	28.00	31.50	35.00	38.50	42.00	45.50	49.00	52.50	56.00	59.50	63.00	66.50	70.00
22	29.33	33.00	36.67	40.33	44.00	47.67	51.33	55.00	58.67	62.33	66.00	69.67	73.33
23	30.67	34.50	38.33	42.17	46.00	49.83	53.67	57.50	61.33	65.17	69.00	72.83	76.67
24	32.00	36.00	40.00	44.00	48.00	52.00	56.00	60.00	64.00	68.00	72.00	76.00	80.00
25	33.33	37.50	41.67	45.83	50.00	54.17	58.33	62.50	66.67	70.83	75.00	79.17	83.33
26	34.67	39.00	43.33	47.67	52.00	56.33	60.67	65.00	69.33	73.67	78.00	82.33	86.67
27	36.00	40.50	45.00	49.50	54.00	58.50	63.00	67.50	72.00	76.50	81.00	85.50	90.00
28	37.33	42.00	46.67	51.33	56.00	60.67	65.33	70.00	74.67	79.33	84.00	88.67	93.33
29	38.67	43.50	48.33	53.17	58.00	62.83	67.67	72.50	77.33	82.17	87.00	91.83	96.67
Mo.	$40	$45	$50	$55	$60	$65	$70	$75	$80	$85	$90	$95	$100

PART I

RIGHTS AND DUTIES OF SERVANTS

CHAPTER I

GENERAL RELATIONS OF EMPLOYERS AND SERVANTS IN THE HOME AND BEFORE THE LAW

BEFORE the law of this country servants of various kinds stand upon the same footing. The term of service is to be determined by the agreement between employer and employee, between master and man, between mistress and maid. The usual engagement is for a week's trial; if both are suited, the arrangement is to go on by the month. If the contract is for a term longer than a year, it should be put in writing or it will be invalid.

Importance of Clear Understanding between Employer and Employed at the Time of Engagement

A clear understanding between master and servant at the time of the engagement is most important.

A servant has a right to ask questions about the place in a respectful manner, and he should gain all the information he legitimately can about the character and demands of the household to which he thinks of going. Masters cannot expect efficient servants to be indifferent to the duties they are undertaking, and to their surroundings while performing those duties.

A servant should tell what he or she expects as a part of his place — to help and not to hinder him in the performance of his duties. For instance, a lady's maid has a right to a sewing room, and a valet to a room where he may press his master's clothes, free from the possible interference of other servants. In arranging for a place and its duties these matters should all be forecast, considered, and definitely settled.

But a servant should not have a right to dictate what he or she will or will not do. The employer has the right of naming duties. Servants are at liberty to accept them or not, as they wish.

Liability of a Servant to discharge under Differing Circumstances

The servant may be lawfully discharged before the expiration of his or her term for immoral conduct, wilful disobedience of orders, gross incompetence to perform his duty, etc. Intoxication, for example, is a sufficient cause for dismissal. In such cases the servant is paid wages for the period he or she has served, and not for the entire month.

If the servant is discharged unjustly, and without sufficient cause, before the expiration of his or her term, he or she is entitled to a week's or a month's wages. In other words, if a master or mistress, without just cause, discharges a servant before his or her month expires, the servant is entitled to wages in full for the week or month, as the arrangement for service and wages may be. If, on the other hand, an employer has occasion to speak to a servant for neglect of duty, and the servant says he or she will leave at once, the employer has a perfect right to withhold all wages for the week or month. A servant should give the employer proper notice before leaving. If the servant is employed by the month, at least one week's notice is necessary, and if by the week, not less than two or three days'.

If a servant leaves without proper notice and before his month expires, unless through sickness or because of some accident, he forfeits his wages for the month.

Wages which may be claimed in Case of Abrupt Dismissal or Voluntary Leaving

If a servant employed in a family hears of another situation and, without the employer's consent, leaves at once, or on the following day, he or she forfeits claim to wages of his or her week or month. In many cases servants are influenced by friends in such precipitate action, and should realize they do an injustice to themselves as well as to their employer.

An employer may engage a servant on one week's trial and, at the end of the week, both may be satisfied. But if later, perhaps in the second or third week, the servant becomes careless, neglects duties, and when reproved replies impertinently, the employer may discharge him or her with wages to date.

The Question of References

As a general rule a master is not obliged to give a reference, and statements in regard to the character of servants, to those who intend to employ them, are generally regarded as privileged communications. In other words, a master or mistress is not bound to give a servant a character or letter of recommendation. If such is given, it should be truthful. If the servant is not a good one, care must be used in the wording of the reference.

Penalty for forging a Reference by Self or Proxy

A reference made by a person with malicious intent and containing false statements calculated to injure and harm the servant would be libelous and not privileged.

A servant obtaining employment by any false or forged letter or certificate of recommendation is guilty of a misdemeanor. A

misdemeanor is punishable by imprisonment in a penitentiary, or county jail, for not more than one year, or by a fine of not more than $500, or by both.

Penalty for personating an Employer

Any individual who personates a master or mistress and gives a servant a character is liable to punishment. A servant altering a written character, or offering a false one from a person representing a master or mistress, is also liable.

Right to Fare to Place of Engagement

If servants are going a distance, it should be understood that if they leave before the master is ready to return, they must pay their own fare back. If the servant remains during the period for which he or she is engaged, his fare is paid both ways.

Heads of a House must indorse Management

The heads of a household must indorse any one to whom they depute the management of their establishment. Too much stress cannot be laid upon this necessity. The responsibilities of the housekeeper rest heavily upon her, and the heads of the house should never give ear to the complaint of a disaffected or malicious servant. Such reports should always be sent to the one whom they chiefly concern.

For the heads of the house to listen is to give credence at least in part, to disintegrate authority, and to take it from hands in which it is frankly placed. It is the beginning of disorder. And in housekeeping order is a first law.

To guard Exactions of Servants, One of Another

The exactions of servants toward one another is another point which should be carefully guarded against. In any group of persons, even if there are only three or four, there is com-

monly some more dominating and masterful — not to say lazy — character than the others. Mistress or housekeeper should guard carefully the more yielding and kindlier dispositions, and see that they are not put upon by their colleagues. Such a domestic as "the man of all work" is especially apt to be loaded with duties by other servants unless he is protected.

CHAPTER II

GENERALLY RECOGNIZED DUTIES

Duties of Housekeeper

A MANAGING housekeeper should be possessed of thorough executive ability. Necessarily she is well bred and well educated. To her duties she often in our country brings a knowledge of refined housekeeping gained in her own home, a knowledge of life and its conventions, and the tact to direct those serving her which is commonly given alone to those bred in early years to gentle living.

She is, under the mistress, head of the house. She hires and discharges all servants. She sees personally that all work is thoroughly and properly done. She is, with constant kindness in her heart for human frailty, on the watch to detect and correct any wrongdoing on the part of any servant. She should never spy, never go quietly to detect errors. Her approach should always be known. She should gain the good will and affection of those she directs by unfailing good order and kindly interest in each of them. Let her have few rules, but those few most effectively kept. If she has the confidence and respect of those under her, she has their support. The heads of the house must fully indorse her in every detail of her administration.

The housekeeper is sometimes also secretary to the mistress of the house. But at all times she takes entire charge of the house; in fact, is what her name denotes, — a keeper of the house.

She oversees the closing of the town house and the opening

Facing page 8.

HOUSEKEEPER.

Facing page 11.

LADY'S MAID, IN STREET COSTUME.

LADY'S MAID, IN HOUSE LIVERY.

of the country house, she sees that all carpets are sent to be cleaned, that all blankets are put away in good order, that heavy curtains are taken down, and the furniture slip-covers put on early in May. She sends lace curtains to the cleaner's. She keeps her eyes open for any defects that might damage the property of the householders and reports the need of all repairs to the mistress.

Her day is commonly spent in some such wise as this: She should be up early in the morning and see that all under her charge are at work by seven. She has planned their daily work and must see that her directions are carried out with clocklike regularity. Her first duty is to go through the servants' rooms and see that all beds and windows have been left open by the occupants for sweetening and freshening in the morning air. Her breakfast, which is commonly served about eight, is brought by the second chambermaid and is served in her own sitting room or office. In some large households the children of the family eat at the housekeeper's table, which is served by a footman.

After breakfast the housekeeper goes to the pantry to see what is wanted in the way of supplies — such as brushes, sponges, towels, soap, chamois, and other articles used for cleaning and washing. If glass or china has been broken, it should be reported to her at once. Plenty of towels are needed in the pantry, and those of good quality are cheaper in the end. Fine glass and silver require soft linen. If the towels furnished are too coarse, the men will be driven to use the expensive table napkins for their polishing.

It is well for the housekeeper to look through all drawers and closets in the pantry, and also into the ice-box, to see that all things are kept clean and that no stale fruit or food is by chance left behind. If servants see that the housekeeper is interested in keeping all such places in order, they themselves are more neat and careful.

In smaller establishments the housekeeper now makes up her lists for the grocer and her menus for lunch and dinner. When these have been examined by the mistress of the house, she goes to market and sends in all that is necessary for the day's meals. She then returns home to see that what she has ordered has been sent. In larger establishments she first pays her regular visit to the kitchen, at which time the chef, or cook, asks for anything needed other than the marketing. In such establishments the menu arranged by the chef or cook is approved by the mistress of the house, or if not by her, then by the housekeeper.

The same duty and the unswerving vigilance with which she began the day lead her to go through all rooms of the house, to be sure that her aids have done their work properly. She sees that the bath-rooms are in perfect order, the bath-tubs clean, soap-dishes and racks wiped, glasses on the basin in order, and all waterclosets scoured and flushed. If guests are expected, she helps to welcome them to the house by seeing that towels are in plenty, fresh soap is in the dish, fresh ink in the inkstand, fresh pen in the holder, and that stationery is at hand, and the pin-cushion well supplied with pins. Candles and matches on the stand by the bedside, whether in a house where electric lights are used or not, do not miss her oversight. She sees to it also that the drawers of closet and bureau are empty, and that, if sachets are not supplied, smooth white paper is spread in them.

After luncheon there is often at times a little mending needful in the table linen, and this mending sometimes falls to the housekeeper. It should be done before sending away to the laundry. A linen book is well kept in the pantry. In this book the pantry maid should make a list of all table linen before it is sent to the wash. This linen, as well as all other soiled linen, should be taken to the laundry Friday afternoons, so that the laundress may sort it for washing Saturday. The

housekeeper checks off the linen when it comes from the laundry, and directs the putting away of it. A well-trained housemaid may assist, but the housekeeper herself should look after it personally.

The housekeeper has charge of the linen closet, and sees that the supply is increased when necessary. It is she also in many houses who gives out the daily supply of linen, orders the flowers, and sees that they are properly arranged by the butler. In fact, the housekeeper often gives the butler a helping hand with the flowers, especially when no parlor maid is kept and the butler and second man have charge of the parlors. The housekeeper orders all coal, wood, etc., and in some houses she has entire charge of the wine closet, giving out daily to the butler the wines he requires, and handing to the mistress a weekly list of the contents of the wine closet.

In the evening the housekeeper usually makes up the accounts and goes over the books of the different tradespeople, for she pays all bills and sees that in items and as a whole they are correct.

Duties of Lady's Maid

A lady's maid should be a well-mannered, respectable-looking young woman. She should be a tolerably good dressmaker and a good hairdresser.

Her first morning duty is to dress her mistress. About this it is impossible to give directions, since ladies differ much in their toilet arrangements. The housemaid generally takes up the hot water for the mistress. Occasionally the mistress prefers to have her own maid do so.

The maid draws her mistress's bath, and after the latter has bathed and is dressed, the maid must examine her wardrobe, put away everything left about the room, and shake or iron out tumbled dresses. She then sits in the sewing room, but must be in readiness to answer her mistress's bell, and to dress

her for a walk, drive, or ride, having everything ready and boots, gloves, etc., in perfect order.

During the day, when not in actual attendance, she will have to mend and probably to wash and iron fine lace, handkerchiefs, etc. Very little instruction can be given on this point. Different mistresses have different needs and make different demands upon maids. Brushes should be washed in tepid water to which a little ammonia is added, care being taken not to wet the back of the brush. The bristles should be rinsed thoroughly and dried, if possible, in the open air.

Once a week the lady's maid will have to send her mistress's linen to the wash. She should look over the clothes and mend everything that requires a stitch before sending it, making also two lists, one in a book for the laundress and one in a book to be kept at home. When the clothes return from the wash, the maid should compare them with the list, examine the marks to see that they have not been changed, sew on any buttons, and set aside any badly washed or ironed garments.

For the dinner toilet she should have everything prepared and at hand. As soon as the toilet is made and her mistress has left the room, she should examine the dress just removed, brush it if it is a tweed, shake and wipe it if it is a silk or any light material. Silk dresses should be wiped with a soft piece of merino or very fine flannel. If anything needs mending, it should be done at once. Everything should be aired, cleaned, and put away — either folded or hung in the wardrobe.

The mistress's bedroom must be ready for her at the usual hour of her retiring for the night. It is the maid's duty to undress her mistress, and remain in attendance until she is dismissed.

A respectful manner is necessary in a lady's maid. She is not to keep her seat while her mistress is speaking to her, unless she is asked to, and she is to rise when her mistress enters the room.

Facing page 12.

BUTLER, IN FULL DRESS.

VALET.

Facing page 14.

FIRST FOOTMAN.

FIRST FOOTMAN, IN BREECHES AND SILK STOCKINGS, OR COURT LIVERY.

A good deal of sitting up at night is sometimes required from a lady's maid. She must strive to get what rest she can, and good-temperedly support any inevitable fatigue. A cheerful, kindly performance of her duties, and deference, obedience, industry, and strict honesty will be apt to secure for her a friend in her mistress and a happy home under all ordinary circumstances.

A sewing room should be set aside for the use of the lady's maid.

Duties of Valet

The valet's duty is to wait upon his master. In the morning he attends to the lighting of the fire and warming of his master's bedroom. He then cleans his boots and shoes, and brushes his clothing, which he arranges on a table or chair. He prepares the master's bath, and if it is wished, hands garments to him as he dresses. He is sometimes expected to shave his master. Later he puts the dressing room in order, brushes clothes before putting them away, cleans combs and brushes, and is at his master's orders whenever required.

Valeting is often done by the butler and footmen or second men. The latter take turns in valeting guests.

There should be a room set aside for the valet in which to press, brush, and care for his master's clothes. If a specific room for this use is impossible, he must do the best he can in the laundry or the front basement.

Duties of Butler

The butler has entire charge of the dining room and of the under menservants or footmen. Both he and his men should be at work by seven in the morning. The butler puts the dining room in order, sets the table, and then has his own breakfast at seven-thirty in the servants' hall. When three or more men are kept, he serves his master's breakfast and takes his orders for the day. He sees to setting of trays for any break-

fasts going to bedrooms. He alone waits at breakfast unless guests are in the house, when he is assisted by the second man.

After breakfast he sees that all china and glass are carefully washed and put away, and then cleans the smaller pieces of silver in daily use. He prepares salads required at luncheon — a meal in many houses almost as elaborate as a dinner. In some families the butler and footman are on duty alternate afternoons — attending the bell, seeing to the parlor fires, lighting gas and lamps, serving afternoon tea, which is in special charge of the butler, and setting the dinner table.

The butler always takes charge of all wines, and has them properly cooled or warmed, as the need may be. He announces all meals and does all carving. He serves dinner, assisted by the footman. He serves the principal dishes at the table, and is followed by his assistant, who serves the sauces, vegetables, etc. After dinner he carries coffee to the parlor or library, as the custom of the house where he is may be. The silver, wines, flowers, and fruits are commonly in his charge. He puts away the silver in the safe, closes for the night all rooms under his care, and takes alternate evenings with the footman at sitting up awaiting the return of any members of the family who have been at the theatre, etc., and may require refreshments on their return.

The butler is always to open the safe and not to allow the combination to be known by the men. The housekeeper should know the combination, in case of his sickness; the heads of the house also. The butler is to keep the wine closet locked, and he checks off upon his list of wines whatever he takes out. The wine, cigars, etc., of the house are usually bought by the master.

The butler, as we have said, looks after the footmen. He sees that they are prompt at their work, respectful in their behavior, and neat in their persons as well as in their work. If in these ways he is not competent, the housekeeper is obliged

to call his attention to his work and himself. In houses where no housekeeper is employed he has the table linen in his care, takes out daily what he requires, and counts it before sending to the laundry.

A butler wears at breakfast, and also at luncheon, a high double-breasted black waistcoat (not a low-cut evening one), trousers of any mixed pepper-and-salt description, never black, a black tie, and a black dress coat. In the evening he wears all black, with a low cut waistcoat that may be white if he chooses, and a white tie. At dinner he always stands behind his master's chair, and the footman behind his mistress.

Valeting, especially of guests, is sometimes done by the butler. He valets the master if required.

A single-handed butler takes charge of dining room and silver, and valets the gentlemen of the house. He also helps more or less with the cleaning of the parlor floor. The parlor maid assists him at night with the washing of the dinner dishes, and also answers the bell while he is cleaning the silver.

Duties of First Footman

The first footman lays the table for each meal, serves the family breakfast either on trays in the different rooms or in the breakfast or dining room, and attends the door during the morning. In households where but a butler and one footman are kept, the two alternate in tending the door. In other establishments the first, second, and third footmen take turns at the door, each one serving every third day. Families differ in the management of these divisions of household labor, but the above and all other duties mentioned apply in a general rule.

If the first footman does not wait at breakfast, he is busy cleaning silver. To keep it in perfect order, silver should be rubbed every day and cleaned once a week, and he will therefore need to do some part every day. The large dining room, where there is a breakfast room also, he has to brush before he sets out

the silver on the sideboard. The dining room is thoroughly swept every Saturday morning, and of course is in perfect order before the family breakfast. If it is used upon the previous day, it should be brushed every morning. All sweeping and dusting should be finished before breakfast.

The morning dress of the footman is of a double-breasted coat, waistcoat, trousers, and small black tie. At lunch he wears his regular livery suit with a striped waistcoat. When the family is in mourning, he wears black tie, studs, and cuff-buttons. At dinner he wears livery. His livery should always be immaculate.

Each second man or footman should have every second or third afternoon from the time lunch work is finished until five o'clock.

Duties of Second and Third Footman

The second footman has care of the breakfast room, waits at breakfast with the butler, helps with trays, leathers the small silver, and helps wipe dishes.

The third footman has care of the front hall and library; also of coat-room. He dusts every morning and sweeps the halls thoroughly Saturday mornings and the library on Thursdays. He serves breakfast to the housekeeper and children's table if there be one, and with his fellow-footmen takes turns at serving lunch at this table. He is dressed in livery at ten o'clock and in the hall to answer bells, etc.

Valeting is done by footmen. They take turns in valeting guests.

The Duties of Second Man when Three Men (a Butler and Useful Man) are kept

To be at work at 7 A.M.; sweep and dust the front hall and vestibule and to breakfast at seven-thirty. To carry up all trays with breakfasts to those having breakfast in their rooms.

To wash up breakfast things; help butler clean small silver; answer door-bell. To see (in winter) that all fires in parlor and dining rooms are kept brightly burning. In some houses to attend to the cleaning and pressing of gentlemen's clothing, especially when visitors have come without their valets. To keep the pantry clean; to break ice for cooling wines; in summer to see that the door and window awnings are up or down as occasion requires; to answer the telephone; to wash up all lunch and dinner dishes, etc., to assist at serving lunch and dinner.

The Duties of Fourth or Useful Man

He carries all coal and wood to kitchen and laundry and to boxes on each floor, and keeps them full. He carries down ashes, carries up and down all trunks and baggage, opens all express and freight packages, keeps basement hall, trunk-room, cellar, and court in order. He washes garbage cans, washes all windows, cleans brasses of the house, sweeps walk, piazza and vestibules. Washes steps and sidewalk at least twice a week with the hose. Shakes door-mats. Helps sweep bedrooms when such are very large and the furniture heavy, carries all hampers of clothes to the laundry, and carries clean clothes upstairs. Freezes ice-cream. Attends the furnace. In fact he is what his name implies, "a useful man."

Duties of Page or "Buttons"

He assists the waitress in taking care of vestibule steps, sidewalk and area. He cleans the front door-knobs, washes up in the pantry, assists waitress in cleaning dining room and parlor floors and windows, attends front door and carries coal, wood, etc.

Duties of Waitress

The duties of waitress are those which fall to a butler, where one is kept. She has entire charge of the dining room and

pantry, cleans silver and takes charge of the cooling and warming of wines, and serves all meals, assisted by the parlor maid. She serves any refreshment required in the evening, carries coffee after dinner to the parlor — in fact, her duties are those of a butler.

She must always have on her black dress, white apron and cap before lunch is served. She takes turns with the parlor maid at answering front door-bell and seeing that all windows and doors on the parlor floor are fastened for the night. She puts out all gas, lamps, etc.

In some houses she combines with her own work the duties of a parlor maid. In such arrangements she is expected to rise at six or six-thirty at the latest, open the parlor floor, and brush up and dust the dining room before breakfast. After breakfast she washes china, glass, and silver and puts the dining room in order. She also has charge of and keeps clean the hall, library, and entire parlor floor, and she cleans brass and the front door-knobs.

Duties of Parlor Maid

In smaller establishments the parlor maid is at work at six-thirty. She opens up the lower rooms, sweeps and dusts the halls and parlors, brushes the overcoat and hat required by the master and lays out his gloves. On the day the waitress cleans the silver the parlor maid helps her wash dishes in the pantry and helps generally with the silver. She answers the front door-bell. She assists at luncheon when there are guests, and always at dinner. She keeps her parlors in good order, attends to the flowers, lights the gas and lamps, sees that the morning and evening papers are laid out and that fires burn brightly. In fact she does the duties of second man.

Where one man is kept, the parlor maid and he work together. She has charge of the drawing room, butler's pantry, washing of glass, china, and silver. She serves breakfast and waits on the door.

Facing page 17.

WAITRESS, IN AFTERNOON LIVERY.

WAITRESS, IN MORNING LIVERY.

Facing page 24.

CHEF AND MORTAR.

When two or more men are kept, her work varies. She has the drawing, reception and sitting rooms, main stairs and lavatories on the parlor floor to dust every morning. When the drawing room and sitting rooms are thoroughly swept the second footman or useful man should help, because the furniture is too heavy for a woman to lift. If they begin the work at six in the morning, their assisting does not interfere with the pantry work.

The parlor maid washes dishes and keeps clean the drawers, closets, and refrigerators of the pantry. The cleaning of brass in the pantry is done by one of the pantry men. She should see that towels are in abundance and are washed every day. She sweeps and puts the pantry in order every day, and washes it up once or twice a week.

Her dress is the same as that of the chambermaid.

Duties of Chambermaid

She should commence sweeping halls at six-thirty. After breakfast she dusts halls, draws baths, calls the family or visitors, and opens up shutters in bedrooms. She also assists the lady's maid in brushing the dresses.

After the family have gone to breakfast, she opens their bedroom windows, takes clothes off the beds, one by one, placing them across two chairs to air, and turns the mattress across the foot of the bed to air. She then puts away any clothing, dressing-gowns, slippers, etc., washes out soap-dishes and other toilet articles, going through each bedroom in her care, and opening up each bed to air in each room. She then commences to make, at the first she opened for refreshing. Every day she should sweep up pieces and thoroughly dust not only the furniture but woodwork of the room. Once a week every room should be thoroughly swept, and plumbing fixtures and silver toilet articles cleaned. One room a day should be done in this manner, the useful man cleaning the windows and brasses, and, on a lad-

der, wiping over tops of doors, pictures, etc. All work should be finished in the bedrooms before lunch. If there is not time to accomplish all before lunch, then she cleans the silver articles after, and brings them back to their places.

One chambermaid is expected to assist in the pantry the nights of dinner parties, and, where two chambermaids are kept, they take evenings about. When dusk comes, the chambermaid draws down the shades and lights the gas. Where there are open fireplaces, she builds up a bright fire. If guests are staying in the house, she sees that they have everything they require. After the family and guests go to dinner she removes and carefully folds the lace spreads, etc., of the beds. She then turns the bed down nicely and lays the nightgown on it. Dressing-gowns and slippers are placed on or by chairs. She removes soiled towels and puts out fresh ones, tidies washstand, lowers gas, and sees that drinking water is put in all bedrooms not later than nine o'clock in winter; ten will do in summer. If gentlemen are staying in the house, and have no valet with them, the chambermaid in charge of their rooms either herself (or sees that the useful man) puts out the evening suit, a clean shirt with studs, etc., and, after the guest has gone to dinner, that the suit of clothes and boots he has worn through the day are taken away, cleaned and brought back ready for the next morning.

One of the first things for a chambermaid to learn is how properly to make a bed. Every bed which has been occupied should, to preserve the health of its occupant and the hygiene of the house, be thoroughly aired both in bed-clothes and mattress every time it is used. The first chambermaid has charge of all bedrooms and bath-rooms on the second floor and one stairway. She also assists in the linen room.

All beds are changed on Saturday so that the soiled clothes can go to the laundry that morning.

The chambermaid's dress for morning wear should always

be of light print material, waist and skirt to match. In the afternoon she wears waist and skirt of black cashmere or serge, white collar and cuffs. She wears cap and apron at all times.

Duties of Second Chambermaid

The second chambermaid has charge of the bedrooms on the third floor and third hall and stairs. These should be taken care of with as scrupulous cleanliness and care as any other. If on this floor there is a playroom, it should be cleaned and put in order before the hall, early in the morning. The chambermaid gives this room its first daily cleaning. The nurses keep it in order for the day.

Duties of Third Chambermaid

The third chambermaid brushes and dusts the sewing room early every morning in order not to disturb the ladies' maids when they are busy. She has charge of servants' bed- and bath-rooms, hall and stairs. Sometimes nurses make their own beds; but the chambermaid does their cleaning in their rooms.

She makes the beds of the men, cooks, kitchen maids and laundresses, etc., and sweeps, dusts, and tidies their rooms—keeping them in perfect order.

She keeps the servants' hall in order and cleans silver for its table. In fact she takes care of this dining hall, except its windows.

Duties of Laundress

The laundress should collect all the linen requiring washing and compare it with the list given her and then assort it. Linen should be washed well in two waters. The first water should be cool. The second should be hot and plentiful. Scald, rinse in hot water, then in cold water slightly tinged with blue,

wring thoroughly, and hang in the sunshine and air to bleach and dry. After the articles are ironed and thoroughly aired the laundress should fold them neatly and pass them on to the housemaid or lady's maid to assort. Handkerchiefs should be ironed wet, to stiffen and give them a gloss.

When the housekeeper pays her regular visit to the laundry, the laundress should then tell what she needs to further her work.

Duties of Second Laundress

She is to rise not later than six-thirty, make the laundry fire and put the laundry in order. She washes and irons all the plain clothes, and sometimes where the fine wash is very large she assists the head laundress in ironing.

Duties of Cook

She should be in the kitchen early — by six o'clock — and prepare for the servants' breakfast at seven. After breakfast she should prepare and send up the family breakfast. Later she should tell the housekeeper what is wanted for the day, prepare pies, puddings, or ices for luncheon and dinner, see that the kitchen maid has vegetables and that the meat and pudding are attended to for the servants' dinner at twelve-thirty. After this dinner she prepares and sends up the family lunch. After lunch she sees that all vegetables, game, etc., required for the family dinner, are prepared, and makes cake or anything required for afternoon tea. She should always have a list of what is required from the grocer, etc., ready for the housekeeper, should see that the kitchen maid does her work well and is clean, that the refrigerator, meat house, etc., are in good order. In fact, she takes entire charge of the kitchen under the housekeeper, and she should personally supervise the cleaning of the kitchen and cooking utensils, ice-boxes, etc.

The cook, if cooking only is expected and a kitchen maid is

Facing page 22.

MODEL KITCHEN. COOK AND SECOND COOK.

Facing page 26.

CARRIAGE FOOTMAN.

COACHMAN.

kept, is supposed to take entire charge of the family cooking. She prepares and cooks all game such as canvasback and redhead duck, etc., and all entrées.

If she is privileged to go out alternate Sundays, she should have everything prepared and ready for the kitchen maid to cook.

In smaller establishments the cook is expected to clean the hall and passage, as well as the kitchen, scullery, etc. When the morning's dirty work is done, she should carefully wash her hands and visit the larder. Here she should look to everything. See if the hanging meat or game requires cooking. Wipe out and air the bread-box. Clean and scrub the larder at least twice a week. Receive her mistress's orders attentively, and if she cannot trust her memory, write them on a slate. She should examine the meat sent by the butcher, and if it is not right, refuse to accept it. She should also weigh the meat and ask the butcher for a paper of weight.

And now a few hints to the cook about kitchen work:—

Clean up as you go.

Don't scatter in the kitchen.

Be sure to put scalding water in each saucepan or stewpan as you finish using it.

Keep your spice-box always replenished, and take care to let your mistress know if you are out of anything likely to be required, that its place may at once be supplied.

Take care of your copper utensils that the tin does not become worn off. If so, have them instantly replaced.

Dry your saucepans before you put them away.

Pudding bags and jelly cloths require care; wash and hang them to dry directly after using them. Air them well before you put them away or they will smell musty. Keep them in a warm, dry place.

After washing up your dishes and cleaning the dishpan, scald out the sink and sink brush.

Be careful not to throw anything but water down the sink, lest you should clog it up.

Never have sticky, greasy plates and dishes. The way to avoid this is to use soap, very hot water, and clean dry towels. Change the water often. Perfectly clean plates and dishes are one proof of the cook being a good servant.

Be particular in washing vegetables. Lay cauliflower and cabbage in salt and water for an hour or more to get out the insects, etc.

If a dinner party is in prospect, ask for the bill of fare and get ready all you can the day before, to ease worry and hurry on the day fixed.

Take notice of all orders that require time in the preparation of a dinner and hurry nothing.

Wear plain cotton dresses and large aprons.

Be sure to keep your hair neat and smooth.

Be careful of fuel. It is a great recommendation to a cook to use only the necessary amount of coal.

Have an eye to your mistress's interests, not permitting waste of any kind. A cook who is just and honest and does as she would be done by is worthy of the greatest respect and may be sure of being successful and happy.

Duties of Chef

A chef has the entire charge of his kitchen, and, as a rule, two assistants, who are called second cook and kitchen maid. The chef does all ordering for the kitchen in the way of marketing. Utensils, etc., are ordered by the housekeeper. He makes up the menu, and cooks for the family table, and arranges all the meals for the servants' table.

Duties of Second Cook

The second cook helps the chef with all cooking for the family, and is expected to cook for the servants' table. In

addition to this the second cook makes all hot bread, and helps prepare vegetables. She cleans all store-room closets and drawers once a week, and supervises ice-boxes. The second cook is sometimes called first kitchen maid.

Duties of Kitchen Maid

She should be in the kitchen not later than six o'clock; start the cook's fire; sweep the kitchen and dining hall; and set the table for servants. She puts over the fire oatmeal, — or whatever cereal is in use, — grinds the coffee, and has the pots and pans ready for the cook. After breakfast is over she washes dishes, and then helps the cook in sending up the family breakfast; she prepares vegetables for the servants' dinner, sets the table, and serves the servants' dinner at twelve o'clock, waiting upon the table. After dinner she washes the dishes, and helps the cook where she needs help for the family luncheon. She serves servants' supper or tea at five-thirty, washes the dishes, and helps the cook for family dinner, carrying dishes to the lift as cook has them ready, etc. She washes pots and pans and tidies up the kitchen, and before going to bed sees to the fastening up of all windows and doors on kitchen floor. She cleans out refrigerators one day, china closet another day, pot closet another day. She takes care of the lower floor, scrubbing kitchen, basement, and stairs. Where only one housemaid is kept, she is expected to attend to the servants' bedrooms, back halls, and staircase.

She generally washes all kitchen towels, roller towels, and servants' table linen, and answers the basement bell.

Duties of Second Kitchen Maid or Scullery Maid

She washes dishes, prepares vegetables, washes towels, helps keep the kitchen clean, cleans refrigerators, etc., and kindles fire in the morning where there is no watchman.

Duties of Coachmen and Stablemen in a Large Establishment

An establishment or stable department where all kinds of carriages are kept, from a coach to a runabout, differs according to the requirements and life of the family to be served. When everything is the best of its kind, and every appointment is to be perfect, eight men at least, besides the head coachman, and twenty horses are required.

The head coachman should be a man who thoroughly understands his business in every detail, and one who commands the respect of men under him.

He should have full and complete charge of everything connected with the stable, be held responsible for its service in every way, and have authority to discharge his men for misconduct.

His duties require him to see the horses fed, and his men at work in the morning punctually at the hour set by him. He should see that the men do their work properly, he should say what horses require exercise, etc., and strictly watch the general health and comfort of the animals.

To the head coachman falls especially attention to the first lady of the household. He sees that all his men are properly fitted with the livery required for each style of carriage, and that they are at all times clean and neat in person.

To regulate his work he will need a second coachman, who will drive in his turn, see that all carriages are kept perfectly clean, pay strict attention to the oiling of wheels, etc., and care for general neatness of the coach house.

A third coachman, or pad groom, will be required to ride and drive, and to keep clean saddles and bridles. He also has care of the saddle room.

One man must be appointed harness cleaner, and he will have care of all harnesses and the harness room, and see that all harnesses are clean and in their place.

It will need the time of the other men to clean and harness horses, and properly attend to them after they are used; to clean stable drains and stable; to keep the place free from foul odor; and to dust, wash windows, etc.

In order to insure the convenience of the family, and to prevent the men's being away at meals, etc., it is best to provide in such an establishment for the men's board and sleeping accommodations, bath, etc., in the stable.

Duties of Coachman, Gardener, and Useful Man

In a small establishment, where from two to four horses are kept, the coachman should be a man who thoroughly understands his business, the horses should be properly fed and groomed, the carriages and harnesses thoroughly cleaned, the stable and harness room kept in perfect order and everything in its place. If there is not much driving, he should be able to mow and care for the lawn and carriage drives, feed the dogs, poultry, etc., black the boots, attend to the furnace, and keep the cellar clean, remove the snow from the walks, and do odd jobs about the house. In some places where only two horses are kept, the coachman takes care of the kitchen garden and flowers, cares for the cow or cows, and milks. He carries coal to the kitchen, removes garbage and ashes, cleans rugs, and freezes ice-cream. He must be clean and tidy in his appearance and in his work. Assistance is sometimes given, but this depends upon the demands of the place.

CHAPTER III

GENERALLY RECOGNIZED DUTIES IN THE AVERAGE WELL-APPOINTED HOUSEHOLD OF SIX SERVANTS. DUTIES OF COOK, WAITRESS, PARLOR MAID, CHAMBERMAID, LAUNDRESS, USEFUL MAN.

Duties of Cook

THE cook rises and is downstairs at six o'clock, and opens the door for the furnace or useful man. She makes her fire and cleans her range, and cooks and serves at seven o'clock the servants' breakfast. After this breakfast she cooks the breakfast for the family, which is usually at eight o'clock. While the family is at breakfast she washes up her kitchen dishes and saucepans, and tidies up her kitchen. Later she puts on a clean white apron, and goes to her mistress's room for orders for the day. The servants have their lunch at twelve o'clock, the family at one. The family dinner is at seven or eight, and the servants have theirs afterward.

The cook has every other Sunday from three o'clock until ten-thirty, the laundress cooking the dinner. She has also one evening in the week after she cooks and serves her dinner, the laundress washing up for her. The cook takes care of her own kitchen, ice-boxes, closets, windows, and cellar stairs.

Duties of Waitress

The waitress has entire charge of dining room and pantry. She cleans the silver, ice-box, china and glass closets, washing and caring for her glass and dish towels. She also cares for the billiard room. The useful man looks after the grate fire,

the brasses, and windows. The parlor maid assists her at dinner every other night, alternating with the chambermaid. The waitress serves breakfast, luncheon, and dinner. She attends the front door until the parlor maid is dressed. She has every other Sunday afternoon and evening out, and one evening in the week, the parlor maid or chambermaid taking her place. She is dressed in black dress, white apron, cap, collar, and cuffs.

Duties of Parlor Maid

The parlor maid is at work at six o'clock. She opens up the parlors and sitting room, and dusts and puts in order the rooms on that floor. She then takes her breakfast. After breakfast she brushes the overcoats and hats, and lays out the gloves required by the gentlemen of the house.

She also waits on the mistress, keeping in order, laying out, dusting, and putting away her clothes. She helps the waitress at lunch, if there are guests, and always at dinner, taking her place every other Sunday afternoon and evening, also one evening in the week. She answers the front door-bell the day the waitress cleans the silver.

She is dressed at three o'clock to attend the front door, and generally mends, hems dusters and floor-cloths which she uses for that floor. She cleans the parlors thoroughly once a month, oftener if used very much, but dusts them thoroughly every day, taking care of her own broom, brushes, chamois, dusters, pails, etc., and washing dusters daily to keep them sweet and clean. She draws the shades, lights the gas and lamps, sees that the morning and evening papers are ready, attends to the flowers, sees that the fires burn brightly, and closes up her part of the house. In fact she has the duties of a second man. Every other Sunday afternoon and evening she has out, and one evening in the week, but she must be home at ten-thirty.

Duties of Chambermaid

The chambermaid rises and is downstairs at six o'clock. She sweeps and dusts the halls and stairs, draws baths, calls the family or visitors, and has her breakfast. After breakfast she goes to the servants' rooms, and after making their beds and tidying the rooms, she goes to the family rooms and opens bedroom windows, takes clothes off the beds, one by one, placing them on two chairs, being careful not to let the clothes touch the floor, and turns the mattress across the foot of the bedstead to air. She puts away dressing-gowns, slippers, washes out soap-dishes, and attends to the toilet articles. She goes through each bedroom in her care, opening up beds to air in each room. She begins at the first she exposed to the air, and makes the others in turn. Every day she sweeps up pieces, and thoroughly dusts not only the furniture, but the woodwork of the room.

Once a week she should thoroughly sweep every bedroom, clean globes and bath-room fixtures, and silver toilet articles. One room a day should be done, the useful man cleaning the windows, brasses, wiping over tops of pictures, windows, doors, etc. All work should be finished in the bedrooms before luncheon.

The chambermaid is dressed by four o'clock, in black dress, white apron, cap, collar, and cuffs. She does the darning and mending, hemming of dusters and floor-cloths. At dusk, she draws down the shades, lights the gas or lamps, and where there are open fireplaces, builds up a bright fire. If guests are staying in the house she sees that they have everything they require. After the family and guests go to dinner, she turns down the beds and removes and carefully folds the lace spreads, etc. The nightgowns are then laid on the bed, and slippers are placed on the floor. She removes soiled towels and puts out fresh ones, tidies wash-stands, lowers gas, puts ice water in all the bedrooms not later than ten o'clock.

Facing page 30.

LAUNDRESS.

ANOTHER PART OF MODEL LAUNDRY. LAUNDRY STOVE WITH BOILER CONNECTED.

Facing page 32.

MODEL LAUNDRY.

The chambermaid has every other Sunday afternoon and evening off until ten-thirty, the parlor maid or waitress taking her place. She has brooms, brushes, dusters, chamois, pails, and everything to work with, and must wash her dusters each day, taking good care of each article.

Duties of Laundress

The laundress rises and is ready for work at six o'clock; she opens the servants' rooms, and takes the clothes off their beds, one by one, placing them across two chairs, also she turns the mattress across the foot of bedstead to air. She empties their slops, leaving the rest for the chambermaid to do. She cleans the laundry stove, makes her fire, and by this time her breakfast is ready. She also takes care of the front basement hall, sweeps, cleans, and dusts it; does the family laundry work; washes and irons the aprons for waitress, parlor maid, and chambermaid. She attends the basement door-bell while the cook is serving dinner; she also washes up the cook's dinner dishes one evening in the week.

Duties of Furnace and Useful Man

Comes to the house at six o'clock in the morning, attends to furnace, cleans the boots, shakes the door-mat, sweeps vestibule, steps, sidewalks and area, washes steps and sidewalk at least twice a week with the hose, shakes the rugs, cleans all the windows and brass in the house, goes messages, carries up coal and wood, cleans cellar, backyard, opens cases, carries trunks, and makes himself generally useful. He sleeps and boards out.

CHAPTER IV

DUTIES OF SERVANTS UNDER OTHER CONDITIONS. HOUSEHOLD OF TWO SERVANTS

Duties of Cook and Laundress, Chambermaid and Waitress

Cook and laundress, chambermaid and waitress, if only two servants are kept, should work together, taking each other's place alternately on days or nights out. Their duties are stated in foregoing pages. If there are three maids and the third be a laundress, she should take the cleaning the last of the week and relieve the waitress one evening in the week, and also help wash up the cook's night off.

In some families the cook does the entire washing and ironing, excepting the shirts, collars, and cuffs, which are sent to the laundry. Sometimes a woman assists her one or two days a week. After the laundry work is done, the cook devotes the rest of the week to cleaning the kitchen, kitchen closets, hall, front basement, ice boxes, etc. The waitress takes the cook's place one evening in the week and every other Sunday, and the cook takes the place of waitress on her night off. The chambermaid and waitress should make the cook's bed and take care of her room. The waitress should not be expected to help in the kitchen, as on washing and ironing days she will be kept busy cleaning the silver, sweeping, cleaning and dusting the upper part of the house, dining-room, and parlor floor. Her mistress will arrange the days on which she performs these duties.

Duties of General House Servant in House or Apartment

If only one servant is kept and she is engaged to do the entire general work, she does not as a rule expect much time off. In many cases she has every second Sunday, and one evening in the week, and occasionally two or three hours of an afternoon for shopping. In some cases the mistress washes the dishes and makes the beds, especially on washing and ironing days, and on her Sunday afternoon and evening off. But no two households are alike. Rules differ very much.

CHAPTER V

DON'TS FOR EMPLOYER

DON'T engage a servant without having a clear understanding as to what he or she is expected to do.

Don't give an order and then forget it, and contradict yourself.

Don't send orders to one servant through another if you can avoid it.

Don't discuss servants in general, or those of any particular nationality, while you are being waited on at table.

Don't promise a holiday, or any pleasure, and then take it back.

Don't spy upon your servants — take pains to be sure they are honest, and then trust them rationally.

Don't expose them to temptation by leaving money carelessly about, as if it had no value for you.

Don't go into your servants' rooms, unless you have reason to think they are not clean, — they have a right to some privacy.

Don't blame servants for every fault or mistake, and then leave good service unthanked. They would rather, being human, be scolded and praised than have uniform excellence taken for granted.

Don't expect in your servants a perfection which would be impossible in any human being.

Don't talk of one servant in the hearing of another. Don't discuss one servant with another.

Don't rely on information given you by one servant of the other without first investigating. Often ill-feeling and jealousy will prompt a false report.

Don't allow the cook to stint the table of the servants. They should be well fed. It pays to drop into the kitchen at meal time and see if their meals are properly cooked and served.

Don't fail to see that their beds are good and their rooms properly cared for. Give each one a separate room when it is possible.

Don't expect servants to perform duties without proper utensils to work with. Have dust sheets, cloths, brooms, brushes, pails, chamois, dusters, etc., and require each servant to look after his or her own articles.

Don't neglect to have inventory of china, glass, silver, and bric-à-brac of each servant coming and going. Without this it is difficult to keep track of various articles.

Don't forget the old proverb, which has generations of human experience in it: "Like mistress like maid; like master like man."

See that each person in your employ, especially when kept busy late in the evening, has a time in the day, say of an hour or two, when he or she may be alone and rest, or do what he or she wishes.

In arranging a changing off of work, for instance, the change about of parlor maid with waitress, when one takes some hours off, see that each one clearly understands her duties and privileges. This will save misunderstanding, and perhaps a complete upsetting of the domestic order.

The best way to get polite and respectful service is to be respectful and polite and self-contained yourself.

CHAPTER VI

DON'TS FOR SERVANTS

DON'T decide the minute you enter a new situation that it doesn't suit you. Pay no attention to any gossip that may be told you. Wait and see for yourself. By so doing you will avoid unnecessary trouble for self as well as your employer.

Don't tell an untruth about your wages. Tell what amount you have received a month when asked by an employer. Falsehood will place you in a very bad position. It is sure to be found out.

Don't be foolish in regard to wearing a cap. It is a great improvement to one's appearance, and is worn by all first-class servants. Be sure to keep the hair tidy.

Don't listen while you are waiting at table — you will probably get things twisted and be tempted to repeat them so.

Don't be always standing on your dignity as to what is and is not "your place" — if you cannot get along go away, but while you are in a house be pleasant.

Don't hide breakage from your mistress, — it will get you into more trouble in the end than if you acknowledge the accident at once.

Don't think your mistress is unbearable because she may sometimes be a little short in her manner, — ladies often have worries and responsibilities of which servants have no idea.

Don't spend your time comparing the ways of one mistress with those of another — each one has a right to her own rules in her own house.

Don't spy on your masters and mistresses — the fact that their bread is in your mouth should be a reason for keeping it shut.

Don't go through your work mechanically — try to notice how people leave things themselves, and put them in that order.

Don't "arrange" the papers on a desk or writing table unless expressly told to; pick them up, dust them and where they have lain, and put them down in the same place.

Don't be restless and want to move too often — the longer you stay in one place the more likely you are to get a good wedding present or legacy.

Don't, when September comes, be influenced by city friends and give up a good home on account of your employer's remaining in the country until October or November. Girls often do this, and it is a great mistake. They are apt to remain idle two or three weeks, and then are often compelled again to go out of town and amongst strangers.

Don't leave garbage in the pantry from one meal to another. Always keep the sink and pantry clean.

Don't upset the cook by telling her what the family say about her cooking. Leave that for the mistress. If there is any fault to be found, it is not so apt to cause trouble if it goes direct to the cook from her mistress.

Don't forget, when meats, turkey, and game are served, that sauce or gravy, also the jelly, such as cranberry jelly, etc., should be served before the vegetables.

Don't wash up while meals are being served. The noise is liable to be heard, and it is very annoying. Everything should be run quietly in dining-room and pantry, during meal hours.

Don't, when you are cleaning rooms, forget your dusters, broom, etc. Look around before you leave the room and take them with you. It is not pleasant to trip over such things.

Don't forget to clean the finger marks from paint when you are cleaning rooms.

Don't forget to clean the bed-springs and bedroom closets twice a month.

Facing page 36.

SERVANTS' DINING HALL.

Facing page 48.

DINNER TABLE.

CHAPTER VII

THE SERVANTS' HALL

In large households there is a hall, or dining room, for the servants. This room should be so arranged that it can be used for a general sitting room in the evening. It is taken care of by the kitchen maid. In some houses the servants have also the use of the front basement as a sitting room. Again in many places they are expected to eat in the kitchen and to use a part of it for a sitting room.

Very few of the old downtown houses have the advantage of wholesome and sufficient servants' quarters, but in the newer dwellings the architects and owners seem to recognize the fact that the little company, which is to keep the great house clean and sanitary, cannot be clean or well in its different members without sufficient room and appliances for keeping clean.

The general government of the servants' hall rests with the butler and the cook.

Each servant has a right to some time off duty, and to some time out of the house. The common rule in regard to return in the evening is that each should be in by half-past ten, and doors locked before eleven. Any one wishing to remain out later should obtain permission, the butler reporting the men and the women applying to the housekeeper.

In smaller households in the question of time off duty, the cook has every other Sunday afternoon and evening, one evening in the week after dinner is served, and occasionally an afternoon, say from three to ten-thirty. If no kitchen maid is kept, the cook prepares the dinner and the laundress cooks it.

The waitress has the same time off, the chambermaid taking

her place, if no parlor maid is kept. The chambermaid has the same privilege, the waitress turning down beds, taking water to the rooms, and making other arrangements for the night. Two or three servants must be at home to answer family calls and door-bells, the mistress arranging this matter so that there may be no misunderstanding.

The butler has every other afternoon off, footman alternating, returning at five o'clock. If the butler is single-handed, he has one or two nights a week and a few hours of an afternoon. Where a number of servants are kept, they have more time off and arrange this among themselves.

Servants should be downstairs not later than six-thirty in the morning, and when they have work especially demanding an early hour, even earlier. Work which takes the maid or man in the presence or sight of the family or its guests should be well over in the early part of the day. There are two reasons for this: one is that the work may be an annoyance and interruption to the family; another is that workers cannot do so well when they feel that they are intruding. In well-organized households servants are not in evidence after lunch except in direct personal service.

In the servants' hall breakfast is commonly served at seven o'clock or half-past seven, dinner at twelve or half-past twelve, and supper about half-past five. These hours vary, however, and are subject to the conditions of individual households. They should be so arranged that all may be prompt at the table, and that the duties which bring them to the household and keep them there, may not be interfered with.

In regard to their rooms, as a rule they have the top floor, some of the men rooming out.

The Store-room

Groceries and supplies for a household of any size should, if possible, be bought in quantity, and, therefore, every house

should have a store-room. In this room an account book should be kept, and in it should be entered the date when each store is bought and the price paid for it.

The store-room should be absolutely dry and furnished with shelves, nails, and drawers. A suspended net or two should also be supplied for hanging lemons, oranges, etc. Earthenware jars are necessary for sugar, oatmeal, rice, tapioca, sago, barley, spices, etc., and if it is wished to keep on hand the pound cake and fruit cake of our grandmothers (and cakes made from old-fashioned receipts given in this book will keep for years), no place for their preservation is so good as a dry store-room and earthen jars with tight-fitting covers for their snugger quarters.

Onions, shallots, and garlic should not be put in the store-room, nor in the ice box, but hung from the ceiling in some cleanly, odorless room. Onions absorb germs, and care should be taken to keep them under most perfect sanitary conditions. Vegetables will keep best in a dry dark place out of the air.

The housekeeper, if one be kept, otherwise the mistress, or the cook, keeps the key to the store-room. The cleaning of the room is done by the kitchen maid or cook, and supplies are put in by the useful man.

CHAPTER VIII

HOUSEHOLD RECEIPTS

To clean White Paint

To clean white paint, take a small quantity of whitening on a damp piece of old white flannel and rub over the surface lightly. It will leave the paint remarkably bright and new.

Mahogany and General Furniture Polish

A mahogany polish that is highly recommended is prepared by mixing well together one quarter of a pint each of turpentine, linseed oil, alcohol, and vinegar. Put in a bottle and shake before using. The furniture should be cleaned first with a soft flannel and a little of the mixture applied at a time. When well rubbed in, polish with an old silk handkerchief.

Floor Polish

One quart of turpentine, five cents' worth of ammonia, and not quite half a pound of beeswax. Chip the beeswax up fine and put it on the stove to melt. When melted, pour it in the turpentine and add the ammonia. Then set it in a tin pail of hot water on the back of the stove to heat; and leave it in the water while using it, for it goes on better when warm. Rub it on with a flannel cloth; and for polishing, the best thing is a piece of Brussels carpet, for it is rough and does not require so much strength as a smooth cloth.

To make Window Glass Opaque

Dissolve a tablespoonful of Epsom salts in a glass of beer or ale. The combination is best effected by heating. Wipe the

mixture over the window you wish to cover with crystals. It is impossible to see through the lace work. Greater opaqueness is gained by increasing the quantity of salts.

To clean Marble

Take two parts of common soda, one part of pumice stone and one part of finely powdered salt. Sift the mixture through a fine sieve and mix it with water, then rub it well all over the marble and the stains will be removed. Rub the marble over with salt and water, wash off, and wipe dry.

To clean Tinware

The best thing for cleaning tinware is common soda. Dampen a cloth, dip it in soda, rub the ware briskly, wash and wipe dry.

To clean Cut Glass

Having washed cut glass articles, let then dry and afterward rub them with prepared chalk, with a soft brush, carefully going into all the cavities.

How to clean a Tea or Coffee Pot

If the inside of either is black from long use, fill with water and use a good-sized lump of washing soda and let it boil for an hour. Scald well after and it will be clean and bright.

To clean Benares Brass

Wash, and rub with half a lemon.

How to Clean Coppers

Take a handful of common salt, enough vinegar and flour to make a paste; mix together thoroughly. There is nothing better for cleaning coppers. After using the paste, wash thoroughly with hot water, rinse in cold water, and wipe dry.

To put away Silver

In putting silver away, be careful to get the silver tissue paper which can be bought very reasonably at Tiffany's. Silver is not so likely to tarnish when this paper is used. After wrapping in tissue paper, use brown wrapping paper outside, never using newspapers, as the printers' ink has a very bad effect.

Bric-à-brac Mending

The skill of bric-à-brac menders is not fully appreciated until it has been tried. Often the article is beyond restoration to its original form or use, but is capable in their clever hands of transformation into some other almost equally ornamental or serviceable thing. A woman whose cut glass carafe lost its neck through an accident, had it converted into a beautiful rose bowl at a trifling expense. In this case the bric-à-brac mender was also a glass cutter, but it is not difficult to find this combination or to seek the cut-glass worker in his special shop.

To mend Broken China

Powder a small quantity of lime and take the white of one egg and mix together to a paste. Apply quickly to the china to be mended, place the pieces firmly together, and they will soon become set and strong, seldom breaking in the same place again.

Cleaning Fluid

This fluid cleans cloth, felt, silk and woollen goods, and restores the color.

Eight ounces of benzine, quarter of an ounce of chloroform, quarter of an ounce of sulphuric ether, eighth of an ounce of oil of wintergreen.

Shake well before using and *keep away from all heat and fire.* Apply with a cloth suited to the fabric.

The Best Way to wash and store Flannels

Getting ready to leave town or getting ready for warm weather in town means the same thing in many respects.

Flannels and flannel blankets must be washed and put away. The great point in washing blankets is to do the work so that they will preserve their softness and that the colored stripes may not lose their brightness. Soap should not be used in washing blankets; instead, put either aqua ammonia or borax into the water. On delicate flannels avoid using plain soap. The best plan is to make soap jelly for the purpose in this way: —

Shred finely as much soap as you think will be needed for the washing; put it into a saucepan which should be kept for the purpose with just enough water, hot or cold, to cover it. Let it melt as slowly as possible until quite clear and free from lumps. Unless it is melted slowly it will boil, and boiling wastes it; moreover, if boiled fast, or if the pan is too full of soap in the first place, it will boil over very quickly. If preferred, the soap may be set in a jar and melted in the oven. Any odds and ends of good soap may be used up in this way. It should be made fresh.

To wash the flannels, have a tub half full of warm, not hot, water, and stir into it enough soap jelly to produce a good lather. If the water is hard, or the flannels are greasy, add a little ammonia to the water, a tablespoonful for every two gallons of water. If you are using ammonia soap, this last is naturally not wanted. Never rub flannels if it is possible to avoid it, as it is pretty sure to shrink them. But squeeze them in your hands, working them up and down in the soapsuds. Then turn them inside out and wash in a second lot of soapsuds rather weaker than the first, and rinse them at once in plenty of water, repeating this rinsing until the flannels feel quite soft and no soap is left in them. If soap is left in, the

material becomes hard and sticky and has a disagreeable odor when dried. Use warm water to rinse in, for either hot or quite cold rinsing water shrinks and hardens flannels. When thoroughly rinsed, wring them carefully as dry as possible, using the wringing machine as it will not twist the stuff; then shake them out, pull into shape, and dry at once in the open air if possible, in a good wind and out of the sun.

They must not be dried in so hot a place as to make them steam, as it is as bad for them as using boiling water. Shake the flannels and turn them now and again while drying, pulling them gently into shape. Iron when nearly dry with a cool iron. Flannels shrink from the soap being rubbed on to them instead of using soap jelly; from being washed or rinsed in over hot or cold water; from being left lying about wet instead of drying them at once; from being dried too slowly or in too hot an atmosphere, and from being ironed while wet with too hot an iron. New and sanitary flannels may be soaked for half an hour or so in warm water with a little ammonia as before; cover the tub to keep in the heat and squeeze and wring them out of this before the water gets cold.

Rice Water for washing Challies

Rice water is about the best thing to use in washing challies. Boil one pound of rice in five quarts of water. When somewhat cool, put the challies in with rice and the rice water and wash well, using the rice much as you would soap. If no rinsing is used, the rice will have a good effect upon the fabric.

To make Starch

With cold water thoroughly dissolve the starch. Then pour on boiling water, stirring constantly. When made, stir it round two or three times with a wax candle. By doing this you keep the starch from sticking to the iron.

To remove Iron Rust

Mix salt with a little lemon juice; put in the sun. If necessary, use two applications.

To take Mildew from Linen

Rub the spots with soap, scrape chalk over them, rub them well, lay the linen on the grass in the sun and, as it dries, wet it a little. The spots should come out in two applications.

To take out Mildew

Dip the stained cloth in buttermilk and lay in the sun.

To cleanse a Chamois Skin

Wash it in cold water with plenty of soap, rinse well in clear cold water. You may wash a skin in this way as often as you please and still keep it soft.

To press Ribbons

In pressing slightly rumpled ribbons with a hot iron, lay them between two sheets of manilla paper and they will come out new.

PART II

CHAPTER I

DINNERS AND DINNER-GIVING

THE two things most essential to a successful dinner in these days are,—well-chosen company and good service. If to these you can add artistic cooking and beautiful table ornaments, so much the better, but the best food loses half its savor if we are bored while eating it, and the best talk is apt to flag if there are long pauses between the courses.

Dinner invitations.

The hostess should send out her invitations at least two or three weeks beforehand. (These invitations should be answered at once, certainly within twenty-four hours. No obligation is more exacting than a dinner engagement, and nothing but illness should ever permit one to break it.)

To assure the success of her dinner she should be certain that her guests are agreeable to one another, and when seating them at her table arrange so that the talkative ones may be next to the more silent ones. She should consider the capabilities of her cook and not attempt dishes beyond his skill and knowledge. Her dining-room servants should be so trained that they serve the dinner in silence, not even the sound of a footfall should be heard.

Silent service.

Shape of table.

To begin with the table: the prettiest to look at are those which are five feet square, where two people sit on each side, but they are by no means the best for social purposes. The

corners stick out and interfere somewhat with the service, and, what is more serious, the talk does not seem to pass them easily. At dinners of more than ten or twelve, conversation must necessarily, most of the time, be a series of duets, and all a hostess can do is to assort her pairs carefully beforehand. But one of the chief charms of a small party is that the talk may be general, and experience has shown that it is not nearly so likely to flow smoothly back and forth if there is a little angle jutting out between two of the guests. And then, if there should be only six people, two of them sit on one side, two on the other, and the host and hostess at the ends alone, with an empty space on either side of them, which has a somewhat chilling influence. The old-fashioned round table, which may be made as long as one chooses by the insertion of leaves, is much more practical, and one which is four feet six across is quite large enough for six people. It is a good plan to have one of the leaves cut in half, and the addition of a half-leaf will usually make the table large enough for eight. People do not want to sit with their elbows pressed against their sides, like trussed fowls, and there must be room to pass the dishes between them. But after comfort is once assured, the closer together people are seated the better for the gayety of a dinner.

Arrangement of guests.

The most convenient dining room, so far as service is concerned, is one in which the door into the pantry is at the farther end, away from the entrance into the room, because the screen, which should always hide a pantry door, can in that case also hide a table from which the service of the table is performed. Besides the dining-table with its chairs, and the sideboard, every dining-room should have a serving-table, which is usually of polished wood, with a shelf across it halfway down. This table is in view of the guests, and on it are placed the finger-bowls with their doilies and plates, and any reserve glasses or table accessories which are pretty to look at, such as the cakes for dessert. Decanters of wine always look well standing on

Plan of dining room.

The sideboard.

Carving.

the sideboard until the time for wine serving. The carving can be done in the pantry if there is no way of concealing what may be called a working serving-table, but if one can be placed beside the pantry door and behind the screen, it is a great advantage, as it obviates much opening of the pantry door, which, by the way, should always have a spring and no latch, so that it may be pushed open and will close noiselessly. The working serving-table is best made of ordinary soft wood, with the legs stained dark, and should be covered between meals with any table cover which will look well in the room. While in use it has a canton flannel undercloth, and a white tablecloth over that, folded like a scarf lengthways, so that it may not interfere with the servants' feet. It should be large enough to admit of the carving being done on it comfortably, and on it the butler keeps his reserve plates, except those which must be brought in hot from the pantry, his knives, forks, spoons, and the other tools of his trade.

Table decoration.

Following the principle that the appearance of the table is less important than the enjoyment of the dinners, any high ornament or decoration should be avoided at a little dinner. If your guests have to dodge a plant or peer round an urn, in order to see their opposite neighbors, they will soon be discouraged, and limit themselves to those on their own side. So in preparing the table it is a good plan for two persons to take seats on opposite sides of the table and move the candles or vases until the right position is determined. If candles are used, they should be made secure in the sticks and the shade-holders so placed that they will slip down steadily as the candle burns. The wicks should be lighted for a few moments and then extinguished before being placed on the table, so that they may be easily relighted just before the guests enter the dining room.

Flowers.

A favorite decoration for a large table is a centerpiece of flowers. But those who prefer to enable guests to see one another across the table often prefer a piece of silver of graceful

shape, but not too tall in the middle, and slender vases of silver or glass, each holding a few flowers. The little dishes holding candied fruits, peppermints, nuts, or things of that sort (which the French call "the four beggars," probably because they appear so persistently) stand among these vases. If there are candles on a small table, in order to avoid crowding it is better to have merely a bowl of flowers in the middle. The bowl should not be packed full, nor be flat, squat, and ungraceful in effect. The flowers may be stuck into wet sand or moss, or fitted in between twigs twisted together in the bottom of the dish, and thus held the stems will stand upright and slightly apart, instead of lolling over on each other. The custom of laying flowers and leaves, or ferns, directly on the tablecloth is not wholly to be recommended. In the first place, unless they are arranged with great taste and skill, they look messy, and then there may be some one at the table who cares for flowers, and it will not add to his pleasure to see them dying slowly of thirst before his eyes.

As dinner is supposed to be the pleasant ending of a day, the table should convey an impression of rest and simplicity when the party is informal. At a large entertainment the decorations may be elaborate if the host chooses, but if a small table is crowded with odds and ends of china and silver, they are sure to be soon pushed away, and the effect is fussy and untidy.

Opinions vary as to using colored glass. Some Venetian and French glass is certainly very decorative; but the beautiful color of wine demands pure white glass, and taste now tabooes the colored. Elaborately embroidered cloths are also beautiful; but nothing can be handsomer than fine white damask, spotless, and looking as though it could easily be washed. Glass.

In the following remarks, the words "butler" and "footman" are used, because they are immemorially associated with table service, but their places may be taken, and very often are, by a well-drilled waitress and a parlor maid. In large Table service.

establishments, where there are several footmen, the latter d most of the service; the butler does not have to touch th plates, but he carves, serves the wines and bread, rings fro the pantry as soon as a course is on the table, to give the coo due warning of the next, and always removes the brea crumbs. There are other details of his service, but in the pre ent instance we will suppose that the head servant, whethe man or woman, has but one assistant, with whom he work harmoniously.

Setting the table.

The manner of setting a table is pretty much the same i all good houses. After the cloth has been put on perfectly straight over its undercloth of felt or canton flannel, the creases, if it has been folded and not rolled on a roller, should be smoothed out with a flatiron, which must not be too hot for fear of spoiling the surface of the table. If plates have any crest or monogram, this should be carefully put toward the middle of the table, and quite straight one with another.

Napkins.

Napkins are folded the monogram on top, and are laid on the plates with a piece of bread or roll placed in the fold in such a way that it may be seen. Elaborate devices for napkins are entirely out of date. At the right of each plate, with edge

Knives, forks, spoons.

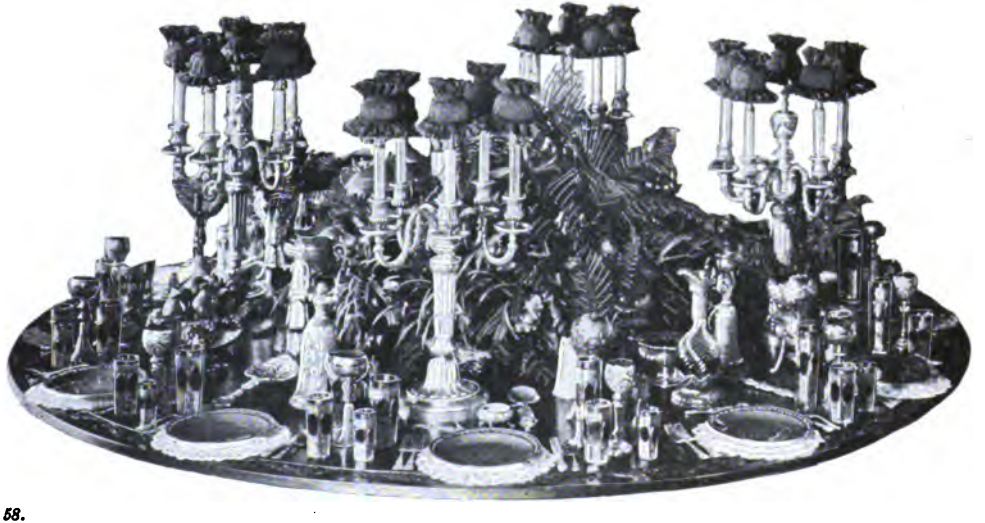
toward the plate, is a steel knife for the meat and sometimes a silver one for fish (although in old-fashioned houses the latter are not used), and, if there are oysters, a tiny oyster fork. A tablespoon for the soup may go with the knives. At the left, tines up, are the forks, never more than three; a small fork, for the fish, which often matches the fish knife, and a large one for the first entrée. The one to be used first is the farthest away from the plate.

Tumblers, glasses.

Tumblers and glasses, the last articles to be placed on the table, as they are easily knocked off and broken, go on the right of the plate, and there are as many of the latter as there are wines to be given. At a large dinner, for instance, there would be one for white wine, one for Sherry, one for Champagne, and

Facing page 50.

DETAIL OF ONE COVER.



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LUNCH TABLE, TWELVE COVERS.

one for good claret. Table claret is drunk from the tumbler. Glasses for Port or Madeira are not put on the table until these wines are served. The glasses must be placed in groups, the water glass nearest the plate, and the wine glass to be first used nearest the edge of the table.

Everything needed in serving the dinner should be in its place, the platter for the hot dishes in the hot closet, and on the side table, the extra silver, cutlery, and china; also bowls of cracked ice. There should be possible no delay in serving.

Seating the guests.

The butler keeps count of guests as they arrive, and when all is in readiness he comes to the door of the drawing room and says "the dinner is served."

Use of cards.

If there are cards with the guests' names, these are laid on the cloth, at the top of the plate, or at one side, wherever they may be most easily seen. The host always comes into the dining room first, with the lady who is to sit on his right, and who is helped first; the hostess comes in last of all. In the case of a very high official, the hostess goes in first with him, but these suggestions do not deal with questions of precedence. As the hostess usually knows the plan of the dinner table, and where different people are to sit, cards will not be necessary except for a large dinner. Here good servants are of use, for they may quietly help her by indicating where different people belong.

Serving the courses.

As soon as a guest is seated, and has taken his napkin and bread from his plate, the butler puts down on it another on which are oysters, clams, or melons, according to the season, neatly arranged on a small doily. Oysters and clams should be served on plates of cracked ice, six or eight on each plate, with a quarter of a lemon in the centre. Although the former are said to be better if eaten from their deep shell, for formal dinners they look rather prettier on their flat upper one. The plates should be placed on the plates already in front of each guest, after the napkins have been lifted. As the butler puts

down the oysters or clams, the footman should follow with a small silver tray on which are black cayenne, liquid red pepper, and grated horseradish. Brown-bread sandwiches, cut very thin, and spread with unsalted butter, are also handed with this course. Black pepper and sifted sugar are the accompaniments of melons.

When the oysters have been eaten, their plates are taken away, and the soup plate is put down on the plate which was on the table at the beginning. When caviar sandwiches or anchovy toast are served instead of oysters, they are always handed, and when the plates on which they have been eaten are taken away, the bare cloth is left, on which the soup plate is put down. In England the soup is always put down directly on the table, and there is no prejudice against seeing the bare cloth between courses, which makes service much easier than when plates are put down and whisked off again unused. The next course is soup, which is brought in from the pantry in a tureen, provided there is the "working serving-table," safely hidden by a screen. If there is no second serving-table, the soup is served from the pantry. The butler has the soup plates ready, and ladles the soup into them with a ladle or often a tea-cup, about six tablespoonfuls being considered the proper quantity to put in each plate, and the footmen set the soup plate in the front of each guest.

Serving the courses.

When this course is finished, the two plates should be removed and replaced by a clean one. Plates should always be lifted by the left hand, and the fresh ones put in their places by the right. Then the hors d'œuvres, such as celery, olives, etc., are passed on a tray. These plates are then replaced by hot ones for the fish.

In placing plates for the fish, the butler takes one in hand, and goes round the table from right to left, usually beginning with the lady who sits on the host's right. He should always put down the first plate with his left hand,

and then transfer the other, that he may put it down with the left hand also, and this rule applies to all table service. The reason for it may easily be seen if any one will take the trouble to try the experiment when people are sitting at a table, of serving with one hand and then the other. He will find that if he uses the left hand he faces the guest, and takes up much less room than if he tries to use his right, because that brings his shoulder in the way. Knives are the only things properly put on the table with the right hand, because they are slipped on the table at a guest's right, other service being always at the left. In putting on forks the butler goes from left to right, because it is easier to slip them in at the left side.

Serving fish.

Boiled or fried fish is served upon a napkin, but with a baked fish a napkin is not used, as it is often customary to pour sauce over the baked fish. The fish is passed, each guest helping himself. Smelts are invaluable for dinners, because it is so easy to help one's self to them, or fillets of fish, which often have their sauce on the dish. If broiled shad is given, each piece should be carefully cut apart from the others on the dish, before it is handed, so that it may be lifted easily, and the same rule applies to boiled and baked fish. With boiled fish, boiled potatoes cut into small balls are sometimes served, though not so often as formerly; with baked or fried fish, sliced cucumbers, made very cold, with dressing of oil and vinegar.

Service for dinner of six.

For a dinner of six there should always be two servants, if possible, and even then, unless they work well together, things which should be served at the same time do not always manage to make connections. We can all remember feasts where he who came last in order of service did not get any sauce until his fish was cold, nor any vegetable until he had eaten his meat. The butler should hand the fish, and the footman follow him with the sauce and cucumbers, for instance, on the same tray.

Quick service.

The ideal dinner for quick service is one where everything is taken directly from the kitchen to the plate, and where no carving nor division is needed. For instance, if there are smelts, lamb chops with peas in the same dish, and small birds, the party stands a better chance of getting away from the table in good time than if they are given broiled shad, spring lamb, and roast chicken, each of which requires time spent on it between the kitchen and table. Young housekeepers will spare themselves much anguish of mind by remembering this, especially if they have only maids, as not one woman in a hundred has been taught to carve well and quickly.

At restaurants the dish ordered is usually shown to the giver of the dinner before it is taken away to be cut up, but this is not done in a private house.

Entrée.

It is usual, but by no means obligatory, to have an entrée between the fish and the meat.

The entrée is always handed; and when it has been eaten, the second fork which was put on the table when it was set will have been used. If but two were placed at first, fresh forks must be given for the meat. After the entrée plate has been removed, the butler takes the requisite number of knives on a small tray, and places them first, following them with the forks, and putting them on as we have just described. Fresh knives and forks should never be put on the table during a course, nor laid on the clean plate.

Carving a dish of meat.

If the dish of meat must be carved, the butler does it at the serving-table or in the pantry, and the footman can easily take two plates, one in either hand. By the time he has put on four plates he may begin to hand the sauce or vegetables, as the butler, if he is at all quick, can easily finish the carving for eight people, let us say, and can then put down the last four plates. Ordinarily, in this country, as soon as a plate which has been used is taken away, a clean one is put in its place, which is all right if the next dish is to be handed; but if

each guest is to be helped to his share, it will be better from the point of view of service not to put on any plates after the last preceding course, as it is manifestly impossible, with one pair of hands, to get an empty plate out of the way, and put two full ones down. As a general rule, no plate should be removed at any course until every one at the table has finished, but this rule must be broken sometimes at a large dinner, as one talkative or deliberate person may keep the whole service back indefinitely.

Removing plates.

Our service, which is mainly modelled on that of the French, differs from theirs in two particulars. We serve a separate vegetable such as artichokes, cauliflower, or asparagus between the principal dish of meat and the game, whereas the French prefer it after the latter, and we usually serve cheese, for some strange reason, before the sweet dish, while in Europe it comes just before the fruit, as it is especially intended to take away the taste of sweet things from the palate, and prepare it for the fine wines, such as port and madeira, which are served with the fruit. Cheese is often replaced in England by various dishes known as "savories," and they are gaining ground in this country. A typical savory is made of cheese, highly seasoned with red pepper, in a soufflé, or small sandwiches of caviar are handed as a savory, the object being always to stimulate appetite, or rather thirst. If frozen punch is to be used, it must come before the game. It is generally served in small glasses, one standing on each plate with small spoon on the plate with the glass.

Cheese.

Frozen punch.

Supposing that the dish of meat has been followed by a vegetable, such as asparagus, the next course would be game, and this may be preceded or replaced by what is called a "chaudfroid," for which there is no name in English. Its French title, however, "hotcold," describes it well. A chaudfroid is something which has necessarily been cooked, therefore was hot, but which is cold when one eats it. Fillets of game or

Chaudfroid.

poultry with a cold sauce, for instance, is a very common chaud-froid, and salad is served with these dishes, as with game or pâtés. Some people like crescent-shaped side plates for salad, which is sensible when game is served, for the cold dressing and the hot juice do not mingle well, but on the other hand they take up room and complicate the service. Spring chickens, squabs, or a fine old ham may take the place of game, or again, at an informal dinner, cheese may be served with the salad.

After the last course, which is usually the cheese, with which bread or biscuits are served, the crumbs should be removed from the table. If there are many large pieces of bread or rolls left, the footman should go first and pick up each one with a fork, placing it upon a clean plate which he holds in his other hand, and he is followed by the butler, who collects the crumbs with a silver scoop or scraper, or, in some houses, with a clean napkin folded over into a small roll. This, however, is not as effective as the silver scoop. All plates, small silver, salts and peppers, hors d'œuvres, and glasses which will not be again needed, are taken off the table.

Removing crumbs.

Then the dessert and fruit plates with the finger-bowls are put before the guests. Each fruit plate bears a small ornamental doily with a finger-bowl about one-third full of water with the chill off, and often with a sprig of rose geranium or verbena in it, or a few violets or pansies. With the plates are placed fork, dessert spoon, and fruit knife. After the hostess lifts her finger-bowl from her plate, the guests lift theirs. The dessert is now passed, each individual helping himself. The dessert plates are then removed, and plates are then served for fruit, fresh and candied, etc., which are then handed.

Dessert service.

Dessert being finished, the hostess leads the ladies to the drawing room and the gentlemen follow soon, after coffee and liqueurs have been served to them and those have smoked who wish to do so. The smoking may take place either in the dining room or smoking room or library, as circumstances dictate.

At the same time coffee and liqueurs are also served to the ladies in the drawing room; while later in the evening, after the gentlemen have joined the ladies, apollinaris or some other sparkling mineral water is handed.

A smart dinner to-day is served in an hour, or very little longer, and as the gentlemen do not stay in the smoking room more than fifteen or twenty minutes, and the company remains together in the drawing-room for about the same time, it is easy to see that the whole entertainment may be easily got through with in a couple of hours, leaving the rest of the evening free. This is an immense improvement over the ponderous feasts of even a dozen years ago, when people sat for hours in a hot room eating five times as much as they wanted, and perhaps tired to death of their companions.

Service for larger dinners.

We have spoken here of a small dinner, for six or eight, but the same general rules apply to larger ones. At these, two soups, a thick and a clear one, are still often given, the footman carrying both soup plates, and saying to each guest, for instance, "Julienne or gumbo?" A light entrée, such as a soufflé of cheese, or chicken in little cases, or a vol-au-vent is sometimes served between the soup and the fish; the fish is in some rather ornamental form, such as little fillets, but the useful fried smelt still holds his place. Then comes another entrée, perhaps of sweetbreads or a mousse or timbale. Then the meat, the separate vegetable, the roast or chaudfroid with salad, the sweet dish, or even two of them, such as a baba followed by ice-cream, or the second sweet may be replaced by a savory.

Proportion of servants to guests.

The necessity for good service cannot be too much insisted upon. One servant to five guests is the very smallest number with which a large dinner can be well carried off, and then only if the servants are used to working together. It is better to allow one to four, especially if you have to call in professional waiters. For this reason it is more economical to have eighteen people rather than sixteen; you will need four servants to take

proper care of the smaller number, and they can just as well manage two more. Unless you have an accomplished chef, or a cordon bleu, be careful to have only dishes which your cook knows by heart and is sure to make well; a large dinner strains the resources of an ordinary establishment, and is no time for experiment or uncertainty. If your artist sometimes fails in her clear soups, but has a talent for creams and purées, choose one of the latter, and select entrées with which she always succeeds. No matter whether some or all of your guests have had the same thing at your house before, they will probably not notice if they are enjoying themselves; and even if they do, it is infinitely better than that there should be a dreary pause, followed by some dish which is an evident failure, to the mortification of the hostess.

Service for more than ten.

If there are more than ten people, two dishes of everything which is handed should be started at the same time, as it takes too long for one to make its way round. Service begins with the lady who sits on the host's right, or whom he has taken in; but when there are two dishes, the second should start with the hostess, who sets a good example by helping herself, whether she wants any or not, and also makes the first cut into a timbale or anything of that sort.

Butler's duties.

A clearly written list of the dinner, with the accessories to each course, should be posted in the pantry, and each servant should know what he or she is to do. If the butler is competent, he will, of course, attend to this, and if possible he should never leave the dining room, where his especial duty, besides carving, is, as his name implies, to serve wines. These commonly are now: a white wine with the oysters, and Sherry with the soup; Champagne is served with the fish, and continued throughout the dinner; good claret is given with the roast and game,

Wines.

Port with the cheese or savory, and Madeira with the fruit; but the only real necessaries are Sherry and Champagne. Madeira should always be served with terrapin. Table claret is often

offered after the soup, and if a guest accepts, his glass is filled about a third full, and he is given his choice of plain or mineral water. Both of these waters should just have come off the ice, but it is better to put none in the tumblers, as some people dislike it. In these days of gout and diet, so many persons drink Scotch whiskey and soda that it is usually offered, especially if Champagne is refused; and if whiskey is accepted, it is often served in tall glasses, which are ready on the sideboard, leaving the ordinary tumblers for water. These water tumblers should not, by the way, be filled beforehand, as is sometimes done.

Good claret should stand in a warm room before it is wanted, to let it settle and get mellow, for if it comes directly from the cellar it has a rough taste and no bouquet.

Sherry for soup, on the other hand, is better if it has been kept all day in a bottle in the ice-chest, and only decanted just before dinner. A "brut" Champagne is usually served now, so cold that it is almost oily when poured out, with very little foam. This does not mean that it is flat, however, for the little bubbles of gas may be seen rising steadily from the bottom.

Luncheons.

Although this chapter is nominally limited to dinners, a few words may be added about luncheon, which, among people who go out or entertain much, is not the elaborate function sometimes described. If the hostess is so lucky as to have a handsome mahogany table, there is often no cloth to hide it. There may be a centrepiece of lace or embroidery, and in that case it is pretty to have it match the napkins or doilies, and also the other little doilies which protect the table from being scratched by the plates. Grapefruit, bouillon, or clam broth is served first, and then there may be eggs in some ornamental fashion, stuffed, or with a sauce, or else lobster in chops, or à la Newburg, or broiled smelts — any little dish of eggs or fish. Then may come lamb chops, or little fillets of any meat, with potatoes and one other vegetable, and then birds or broiled chicken, or an aspic of some sort, with a salad, and afterward an

omelette soufflé, a biscuit, or ice-cream. Black coffee is served afterward. Sherry and claret, or white wine, are usually on the table; whiskey and soda may be offered, but most ladies drink only mineral water at luncheon. Champagne should be served only late in the day. A simple luncheon would consist of eggs or fish in some form, one dish of meat, and cold ham with salad, or cream cheese with jam, followed by stewed fruit or custards baked in little cups. In summer the mistress and the cook should exercise their ingenuity in devising all sorts of attractive cold dishes, and a good butler can always make several varieties of cup, although many persons prefer iced tea or coffee.

We add three simple menus, for dinners of six, ten, and sixteen people respectively. Fourteen, by the way, is a number to be avoided if possible, as among so many some one is likely to drop out at the last moment, leaving one with the dreaded thirteen.

FOR A DINNER OF SIX.

Oysters or Clams.
Brown-bread Sandwiches.

Julienne Soup.

Broiled Kingfish, Maître d'Hôtel Sauce. Cucumbers.

Lamb Chops, Soubise Sauce.
Potato Croquettes. Peas.

Fresh Asparagus.

Roast Capon, Romaine Salad.

Apple Charlotte.

Fruit. Dessert.

FOR A DINNER OF TEN.

Sandwiches of Caviar.

Cream of Tomatoes. Croûtons.

Striped Bass, Hollandaise Sauce.

Timbale of Chicken, surrounded with stewed fresh Mushrooms.

Saddle of Mutton.

Potatoes. String Beans.

Chaudfroid of Quails.

Virginia Ham. Tomato Mayonnaise.

Biscuit Glacé.

Fruit. Dessert.

DINNER OF SIXTEEN.

Oysters or Clams.

(Two Soups.)

Consommé, with squares of Custard. Cream of Chicken.

Smelts.

Mousse of Ham.

Fillet of Beef.

Potatoes. Stuffed Tomatoes.

Pâté de foie gras in aspic.

Toasted Biscuits.

Wild Duck. Celery Salad.

Ice-cream. Cakes.

Cheese Soufflé.

Fruit. Dessert.

WINES.

Decanting, Warming, Cooling, and Serving.

Wines and liquors are commonly in the keeping of the butler — in fact, the word "butler" is derived from the Latin *buticula*, a little bottle, through the French *bouteillier*, bottler. In the drinking habits of the old days, the care of the wine and liquors and the constant and gross serving of them might have kept a man busy in a ménage of not great size. In our own times, however, when wines are so commonly bought bottled, and the organization of households has become more complex,

the duties of butler have broadened and refined. Still the butler in these times has charge of the bottling and binning and of the temperature of the wine cellar or wine room, and he should know enough of that strange and living thing called wine to help his employer choose the right material, if his advice is asked, and to keep all wines and liquors in his charge under conditions most favorable to their development and perfection. He should never leave wine in cases, but unpack and bin it as soon as it arrives.

Rules for the decanting of wine have from time to time been given, but for Ports and clarets and such as show a deposit on the bottle, none are better than the following: —

In decanting, the butler should first take all possible care in removing the bottles from their bins, and never fail to lay the bottle down on the side it has been lying in the bin. The deposit the wine has cast upon the side of the bottle not only destroys the brilliancy of the wine, but also its flavor and aroma. Then he should be sure of the quality of each bottle, that is, he should guard against serving bottles tasting or smelling of corks rotten or decayed by fungous growths. It is hardly necessary to add that he should see that his decanter is brilliantly clean inside and out.

After he has taken the bottle of wine out of the bin he should carefully lay it on the table, keeping still the same position. If two laths have been nailed on his decanting table, he will have gained a steady base for work. Let him hold the bottle tightly with one hand, and after slowly tipping it obliquely till the wine no longer touches the cork, he should apply his corkscrew and extract the cork without the slightest shake or movement to the bottle.

A candle set the other side of the bottle will permit him to see through the wine, and in drawing it into the decanter he should watch its condition. As soon as the cloud or deposit in the bottle nears the neck, he should stop; for not a particle of

such deposit, cloud or crust, should flow into the decanter. But this clouded wine should not be wasted. It will mix, especially if Port wine or Sherry. Put the bottoms of wines together in the kitchen-use bottle; for such mixtures are good for flavoring soups, puddings, and jellies.

Another good old-fashioned rule in decanting is this: When a bottle is three-fourths decanted, even if the deposit is still undisturbed, decant the remainder in a wine glass, and add from the glass to the decanter, as long as the cloud does not reach the glass.

Do not decant more wine than will be needed. The aroma is lost if the wine is too much exposed. Heavier wines should be decanted first; the lighter wines later, since their ethers are more volatile. Old Sherry may be decanted the day before it is used, and the decanter left without its stopper. Hock, upon the other hand, should be decanted an hour before it is served. Some judges of wine would decant claret as it is wanted, having kept it at a temperature of seventy degrees for ten or twelve hours before serving, while others would decant it two hours before it is drunk. Port should be decanted not more than two or three hours before it is served. Champagne it is not necessary to decant when it is under ten years old. In opening Champagne bottles, cut the wire and strings at the bottle's rim. Then hold the cork down with the left thumb and with a pointed piece of wood cleanse the rim. Extract the cork slowly so that no noise is caused, and have glasses at hand to hold the flow of a lively bottle.

In serving wines the taste of the guests should be considered, and after that the occasion, and the temperature and humidity of the outdoor air. Some temperaments and physiques with blood oxygenated by an outdoor life enjoy a heavier and rich wine; the sedentary student is apt to take a lighter and drier vintage. The milder wines naturally come first. If more than one quality of a wine is served, the younger should come first.

Claret should be served warm — not warmer than eighty degrees and not cooler than sixty-five degrees. The medium point of seventy degrees brings out the qualities of the wine. The bouquet is lost if it is too warm. Bordeaux and Burgundy should have the same temperature as claret, except Chablis and other white Burgundy, which should be at forty-five degrees. Port should be served at a temperature of from fifty to fifty-six degrees — the point fifty-five is a much approved one. Madeira takes sixty-five degrees as the temperature best adapted to its constitution, Sauterne and other white claret fifty degrees, and Sherry is best at forty or forty-two degrees. Champagne should have a temperature of thirty-four. To cool this wine, lay it on ice, the sweet several hours before using, the dry for half or three-quarters of an hour. In laying the bottles on the ice, or in a pan of cracked ice, have care not to shake the bottle.

With oysters may go Chablis, Sauterne, a light Moselle or Hock.

After soup, an old Madeira or Tokay or Sherry.

With fish, Sauterne, Hock, Chablis.

With entrées, Claret, Bordeaux, Burgundy.

With roasts, Champagne, Moselle, or fair claret.

With game, Burgundy, claret.

Sweets, Madeira, Port, Sherry or Champagne.

People of a discriminating palate often pronounce for one good wine at a dinner. That wine, it should be added, is not Champagne — the drinking of which with all kinds of food some epicures pronounce a gastronomic sin. The same authority also advises us to avoid as poisons the serving and drinking of all brandies, whiskeys, and sodas, after wine.

CHAPTER II

Selection of Fish

FRESH fish are hard when pressed by the finger; the gills red, the eyes full. If the flesh is flabby and the eyes sunken, the fish are stale. Fish should be thoroughly washed, cleaned, wiped, and sprinkled with salt.

The earthy taste often found in fresh-water fish can be removed by soaking it in salt water. Most kinds of salt fish should be soaked in cold water for twenty-four hours, the fleshy side turned down in the water. Never soak fresh fish in water unless frozen.

Before broiling fish rub the gridiron with a piece of fat to prevent the fish sticking. Lay the skin side down first.

In boiling put the fish into cold water to which a little salt and vinegar have been added. Serve fish always with sauce.

Selection of Meats

In selecting beef, choose that of a fine smooth grain, of a bright red color and white fat. The third, fourth, fifth, and sixth ribs of beef are the choicest cuts for a roast. Have the bones removed and the meat rolled. The butcher should send the bones for a soup.

The flesh of good veal is firm and dry and the joints stiff.

The flesh of good mutton or lamb is a bright red, with the fat firm and white.

If the meat of pork is young, the lean will break on being pinched, the fat will be white, soft, and pulpy.

To Judge the Age of Poultry and Game

The breast-bone should bend easily from side to side. Broilers are best from one to two pounds. Fowls for roasting

can be judged by the wings. If the skin breaks when the wing is turned toward the head, the fowl is tender. Old fowls have scaly legs and the breast-bone is hard and will not bend.

Turkey. The cock bird has a smooth black leg with a short spur. The eyes are bright and full and the feet supple when the bird is fresh. The absence of these signs denotes age and staleness. The hen bird may be judged by the same rules.

Geese. In young geese the feet and bill are yellow and free from hair. When fresh, the feet are pliable; they are stiff when stale.

Duck may be judged by the same rule.

Plover when fat have hard vents, but like all other birds may be chosen by the above rules.

In the *partridge* yellow legs and a dark bill are signs by which a young bird may be known. Rigid vent, when fresh; when this part is green, the bird is stale.

Pheasants. The young birds are known by the short or rounded spur which in the old is long and pointed.

Grouse, *woodcock*, and *quail* may be chosen by the above rules.

TIME-TABLE FOR COOKING

Boiling

Asparagus	Twenty to twenty-five minutes.
Beans, string	Twenty to thirty minutes and a little soda to make them green.
Beans, Lima	One-half hour.
Beef, corned	Or à la Mode, three to five hours.
Beets	Four to five hours.
Brussels sprouts	Ten to fifteen minutes.
Cabbage	One hour.
Carrots	One hour.
Cauliflower	Twenty to thirty minutes.
Celery	Twenty to thirty minutes.
Chicken	Ten minutes to each pound. It depends on the age of the chicken.
Clams	Cook until they just come to a boil.

Coffee	Three to five minutes.
Corn, sweet	Salted, boiling water, five to eight minutes.
Cornmeal	Three hours.
Eggs, hard-boiled	Fifteen minutes.
Eggs, soft-boiled	Three minutes.
Fish, cubical, such as cod, halibut, etc.	Twenty minutes for each pound.
Fish, long and whole	Six to ten minutes for each pound.
Ham	Five hours.
Hominy, fine	One hour.
Mutton	Two to three hours.
Oatmeal, rolled	One-half hour.
Onions	Forty-five minutes.
Oysters	Cook until they just come to a boil.
Peas	Fifteen to twenty minutes.
Parsnips	Forty-five minutes.
Pigeon, potted	Two hours.
Potatoes	Twenty to thirty minutes.
Rice	Fifteen to twenty minutes.
Soup stock	Three to six hours.
Spinach	Twenty to thirty minutes, and a little soda to make it green.
Squash	Twenty to thirty minutes.
Tea	To steep three to five minutes.
Tomatoes	Fifteen to twenty minutes.
Tongue	Three to four hours.
Turnips, yellow	One and one-half hours.
Turnips, white	One hour.
Veal, per pound	Eighteen to twenty minutes.

Rules for boiling Meat

All fresh meat, unless for soup, should be put into boiling water. The outer part is contracted by the heat, and the juices are preserved. The meat should be allowed to cook very gently and no salt added until it is nearly done.

In boiling meats it is important to keep the water constantly boiling, otherwise the meat will absorb the water. Be careful to add boiling water if more is needed. Remove the scum when it first begins to boil. Allow about twenty minutes for boiling for each pound of fresh meat. The more gently the meat boils, the more tender it will be.

Salt meats should be put into cold water and boiled slowly, that the salt may be extracted in cooking.

A red pepper dropped into the water will prevent the rising of any unpleasant odor.

For making soup put the meat on the fire in cold water.

Baking and Roasting

Beans	Eight to ten hours.
Beef, braised	Three to four hours.
Beef, fillet of	Thirty minutes.
Beef, roast, rare	Twelve to fifteen minutes per pound.
Biscuit, rolls	Twenty minutes.
Bread	Forty to sixty minutes.
Cake, sponge	Forty-five to sixty minutes.
Cakes, thin	Twenty to thirty minutes.
Chicken	One to one and one-half hours.
Custards	Twenty to forty-five minutes.
Duck, canvasback and redhead	Eighteen minutes.
Duck, tame	One to one and one-half hours.
Fish, cubical or thick	Forty-five to sixty minutes.
Fish, small and whole	Twenty to thirty minutes.
Gems	Twenty to thirty minutes.
Lamb	One and one-fourth to one and one-half hours.
Muffins	Twenty to thirty minutes.
Mutton	One and one-quarter to one and one-half hours.
Patties	Fifteen to twenty-five minutes.
Pies	Thirty to forty minutes.
Pork	Two to three hours.
Potatoes	Thirty to sixty minutes.
Pudding	Twenty to forty-five minutes.
Scalloped dishes	Fifteen to thirty minutes.
Turkey	Two to three hours. Per pound, fifteen minutes.
Veal	Two to three hours.

Rules for roasting Meat

In roasting beef it is necessary to have a brisk fire. Baste often. Twelve minutes are required for every pound of beef. Season when nearly done.

Clean meats by wiping them with a cloth kept for that purpose. Do not put meat into water.

Broiling

Bacon	Four to eight minutes.
Birds	Six to eight minutes.
Chicken	Fifteen minutes per pound.
Chops	Six to eight minutes.
Fish, small and thin	Five to eight minutes.
Fish, thick	Twelve to fifteen minutes.
Liver	Four to eight minutes.
Squab	Ten to fifteen minutes.
Steak, one inch thick	Six to eight minutes.
Steak, one and one-half inches thick	Eight to ten minutes.
Tripe	Four to eight minutes.

To broil Meat Well

Have your gridiron well greased and hot before you put the meat on. Broiling is not only the most rapid manner of cooking meat, but is justly a favored one. It has nearly the same effect upon meat as roasting. The albumen of the meat is hardened and forming a skin it retains the juices. Broiling meat should be turned rapidly in order to produce an equal effect, but it should not be punctured with a fork.

Frying

Have fat at a boiling heat.

Bacon, fried in its own fat	Two to three minutes.
Chops, breaded	Five to eight minutes.
Croquettes	One minute.
Doughnuts	Three to five minutes.
Fish balls	One minute.
Fish, breaded	Five to eight minutes.
Fish, small	Two to five minutes.
Fritters	Three to five minutes.
Potatoes	Two to five minutes.

Steaming

Brown bread	Three hours.
Puddings, one quart or more	Two to three hours.
Rice	Forty-five to sixty minutes.

CHAPTER III

Table of Measures

Sixty drops = one teaspoonful.
Three teaspoonfuls = one tablespoonful.
Four tablespoonfuls = one quarter of a cup.
One round tablespoonful butter = one ounce.
One cup solid butter, granulated sugar, or milk = one-half pound.
One scant cup rice = one-half pound.
Two cups flour = one-half pound.
Two heaping cups coffee = one-half pound.
Nine large eggs = one pound.
A cupful means one-half pint.
The old-fashioned china cup is best to use when a half-pint measure is not at hand.

Table of Proportions

One cup liquid to three cups flour for bread.
One cup liquid to two cups flour for muffins.
One cup liquid to one cup flour for batter.
Liquids scant, flour full measure.
One teaspoonful soda to one pint sour milk.
One teaspoonful soda to one cup molasses.
One-fourth teaspoonful salt to one quart custard.
One teaspoonful salt to one quart water.
One-fourth teaspoonful salt to one cup white sauce.
One-eighth teaspoonful white pepper to one cup white sauce.
One-eighth teaspoonful salt equals one pinch.

Weights and Measures

4 gills	1 pint.
2 pints	1 quart.
4 quarts	1 gallon.
16 ounces	1 pound.

½ kitchen cupful	1 gill.
1 kitchen cupful	½ pint or two gills.
4 kitchen cupfuls	1 quart.
2 cupfuls of granulated sugar 2½ cupfuls of powdered sugar	1 pound.
1 heaping tablespoonful of sugar	1 ounce.
1 heaping tablespoonful of butter Butter size of an egg	2 ounces or ¼ cupful.
1 cupful of butter	½ pound.
4 cupfuls of flour 1 heaping quart	1 pound.

8 round tablespoonfuls of dry material = 1 cupful.
16 tablespoonfuls of liquid = 1 cupful.

Proportions

5 to 8 eggs to 1 quart of milk for custards.
3 to 4 eggs to 1 pint of milk for custards.
1 saltspoonful of salt to one quart of milk for custards.
1 teaspoonful of vanilla to one quart of milk for custards.
2 ounces of gelatine to 1½ quarts of liquid.
4 heaping tablespoonfuls of corn-starch to one quart of milk.
3 heaping teaspoonfuls of baking powder to one cupful of flour.
1 teaspoonful of soda to one pint of sour milk.
1 teaspoonful of soda to ½ pint of molasses.
1 teaspoonful of baking powder is the equivalent of ½ teaspoonful of soda and 1 teaspoonful of cream of tartar.

Read this Advice

In cooking follow as far as possible the rule of the druggist in compounding any mixture, that is, mix the ingredients thoroughly, putting in one at a time. For instance, if you have three ingredients mix two before adding the third, and stir in the third well before adding a fourth, and so on. All compounds gain from following this rule.

The value of a pan of hot water in cooking cannot be overestimated. Set in the upper oven, it insures good baking. If the oven becomes too hot, use cold water in the upper pan. In heating vegetables, canned corn for instance, upon the top of the range, setting the saucepan in a pan of hot water saves much labor and watching. Besides this, the use keeps saucepans in good condition until fairly worn out. All breakfast grains or cereals

should be cooked in this manner. A pan of hot water furnishes a double boiler ready at hand at all times.

A most important kitchen utensil is a good set of scales and weights. They are indispensable to assure success in cooking. Without them there is no precision in proportioning the various ingredients. Therefore it is absolutely necessary to have a set of scales. The cook should bear in mind always to put the weights away in their place and to keep the scales in thorough order. In weighing anything of a greasy nature the cook should place a piece of paper on the scales. By doing this she will save herself much trouble, and keep her scales clean.

Milk and butter should be kept in closely covered vessels so they will not absorb odors from other articles.

The time during which an article is coming to the boiling-point cannot be counted in any rule or measure for boiling.

Always use porcelain-lined pans for cooking fruits or an acid preparation.

CHAPTER IV

SOUPS

Bouillon

SELECT a piece of the under round of beef, weighing about ten pounds. Trim off all the fat and cut off a piece weighing about one pound. Cut the rest in small pieces. Put it in a soup kettle with nine pints of water. Let it slowly come to a boil. Skim thoroughly and move the kettle back where the liquid will keep boiling slowly but steadily for six hours. Then add one large onion sliced thin, one slice of carrot, a slice of turnip, and a small muslin bag containing the following spices and herbs: three dozen pepper corns, six whole cloves, small piece of cinnamon, two sprigs of thyme and summer savory, three bay leaves, a small leaf of sage, two sprigs of parsley, and three blades of celery. Also stir in three teaspoonfuls of salt. Let all cook one hour, then draw the kettle to the front of range and boil vigorously for one minute. Strain and set away to cool. The next day skim off all the grease. Put stock into the soup kettle with the piece of meat which was cut off the day before. See that it is chopped very fine. Beat the whites of three eggs until very light, stir into the kettle with other ingredients. Place on the range and heat slowly to the boiling-point. Stir occasionally. When the soup bubbles, move the kettle to the back part of the range, cover, and keep just at the boiling-point for one hour. Taste to see whether it has sufficient seasoning. Strain through a wet bag and it is ready to serve.

Court Bouillon, see p. 101.

Pot au Feu

The true way to cook this national dish of France is in an earthen pot or pipkin. This pot has a close-fitting lid, is very strong, and is most excellent for the slow cooking which the success of the dish demands. The earthen pot may be had in this country and also a very good substitute may be purchased.

The soup or broth is made afresh once or twice a week by every family in France not too poor to afford it. It is often served on the first day with slices of bread, on the second with variations of vermicelli, rice, or other garnishes. The general process of making it is always the same. The popular treatment is thus described by a famous cook: The soup pot of the French artisan supplies his principal nourishment and is thus managed by his wife, who, without the slightest knowledge of chemistry, conducts the process in a truly scientific manner. She first lays the meat in her earthen stock pot and pours cold water to it in the proportion of about two quarts to three pounds of beef. She then places it on the fire where it slowly becomes hot, and as it does so the heat enlarges the fibre of the meat, dissolves the gelatinous substances which it contains, allows the albumen to disengage itself and the most savory parts of the meat to be diffused through the broth. From the simple circumstance of boiling it in the gentlest manner a savory and nutritious soup is obtained and a dish of palatable and tender meat. If the pot is placed over a quick fire, the albumen will coagulate, harden the meat, prevent the water from penetrating it, and the savors of the meat from disengaging themselves, and the result will be a broth without flavor or tastiness and a tough, dry piece of meat.

The broth of the dish forms in France the foundation of all richer soups and gravies. Poured on fresh meat, it makes an excellent consommé. If properly managed, it is clear and pale.

Poultry, pigeons, and even game may be boiled in the pot

au feu. They should be properly trussed and stewed in the broth long enough to make them tender. A small ham also may be laid in with the beef when the water is first added. Boiled in this bouillon three or four hours, it is superior in flavor to a ham cooked in water, and the taste of the ham improves the soup. But the soup cannot well be eaten the day the ham is boiled, for it must be allowed to cool and be freed from the fat of the ham. In case you boil a salted ham in the soup, you will of course require no other salt. The ham should of course be freed from any rusty or blackened parts and washed perfectly clean.

The French housewife begins her pot au feu soon after breakfast and puts the ingredients gradually in the pot. Thus by the end of the day and the independent cooking of the ordinary fire of the kitchen she has her most nutritious, toothsome, and substantial meal.

One way to make it is this: For a large pot au feu take six pounds of good fresh beef, cut it up and pour on it four quarts of fresh cold water, set it over the fire, skim it when it simmers, and after it has come to a boil add a teaspoon of salt, some pepper, and half a pound of liver cut in pieces. Then add two or three large carrots, either sliced or grated, four turnips pared and quartered, eight young onions peeled and sliced in thin slices, two of the onions roasted whole, a head of celery cut up, a parsnip well cut up, six potatoes hand-sliced and quartered, tomatoes in season, and in short any appetizing vegetable. A bunch of sweet herbs cut small and absorbed by the dish or boiled and removed on serving also adds much to the savory compound.

Let the whole continue to boil slowly and steadily for six hours. Serve by laying slices of bread in a tureen or deep platter, pour the stew or soup upon them, including not only the broth but the meat and vegetables. What is left in the tureen may go into the pot au feu for next day.

For beef you may substitute mutton, venison, or other toothsome meats.

Pot au Feu

Take three pounds of lean beef, wind it about with twine to keep it from boiling to pieces, lay it in the soup pot, and pour over it about six quarts of fresh cold water. Set the pot over the fire and when the water begins to boil add two carrots, three onions, one having been stuck with three or four cloves, and in its season one turnip. To this pot au feu may be also added various bones and meats of the larder still sweet and holding their natural oils and flavors; for instance, a beefsteak bone, or chicken head, etc.

Let the soup boil slowly six or seven hours, then take it off the fire, strain, and set away in a dark, cool place. For immediate use take the lower part and every morning skim and bring it to a boil so that the supply from which you draw daily may not spoil.

The meat of the pot au feu, which the French call bœuf bouilli and eat, is commonly served with the vegetables cooked with it and dressed with some piquant sauce, or egg sauce.

Beef Broth

Four pounds of soup beef, eight quarts of water, two tablespoons of salt. Boil slowly, remove the scum, add one carrot, one turnip, one onion with three cloves stuck in it, a clove of garlic, two leeks and a stalk of celery tied together. Cover partially, add a little water when required to replace that evaporated, and let simmer five hours. Skim the fat and strain through a wet bag.

Beef Soup

Take four pounds of beef, not too fat, four whole onions medium size, five small carrots or one large one, and cover with cold water. When all come to a boil, boil slowly and skim.

Then add salt and pepper carefully. Set back on the stove and simmer until the meat is very well done. Take off the stove and add two or three small strips of green pepper while hot. Set in a cold place over night. Next day skim all the grease off, remove the beef and vegetables save the carrot. Strain the soup, return it to the kettle, add the carrot, boil or simmer until the meat is heated well through. Thicken with flour and water stirred smoothly until a little thick. Boil rice, well done, in a rice boiler. Place a tablespoon of rice in a soup plate and pour the soup over it. To this can be added pieces of the meat and carrot if desired, or it can be used as a clear soup. It is improved by chopped parsley added after the soup is thickened, and let stand a short time to extract the flavor.

Mutton Soup

Mutton makes a very delicate soup boiled according to the directions for beef soup. Use onions in the same way and flavor with a little stewed tomatoes that have been cooked and seasoned.

Curry Soup

Put four pounds of *lean* beef in a kettle and pour over it three quarts of cold water and one teaspoonful of salt. Let it stand one hour, then set it on the fire and cook slowly for two hours. Chop the following: two onions, two potatoes, one small carrot, one head of lettuce, and add to the soup. Cook one hour longer, then strain. Return to the kettle and add two tablespoonfuls of rice, one scant tablespoonful of curry powder, season to taste, and cook one hour longer. Serve very hot with cheese straws.

Ox-tail Soup

Cut in short pieces two ox tails and soak them in fresh water for three hours, changing the water once in a while. Put on the fire, cover with cold water, boil five minutes, cool and wash well. Drain, put into a saucepan with two quarts of beef broth, two

quarts of water, two carrots, one onion with two whole cloves stuck in it, a bunch of parsley, a head of celery, and a little salt. Then cook slowly for about three hours. With a skimmer transfer the tails to another stewpan, drain the carrots, strain and free the broth of its fat, and thicken with three ounces of flour browned in three ounces of butter. Add two glasses of Sherry and a glass of Port wine, white pepper, and a dash of cayenne. Boil one hour, skim, and press through a cloth over the ox tails. Add the carrot cut in small pieces and two dozen small glazed onions. Boil a few minutes longer, skim again, and serve.

Brunoise Soup

Take two each of the following vegetables: carrots, turnips, onions, leeks, and a head of celery. Cut them in small dice and fry the pieces in a pan over a slow fire with one ounce of butter and a little sugar. If the butter be fresh, add a little salt. When the vegetables are a light brown, pour over them three quarts of light stock, either veal or chicken. When this comes to a boil, skim it thoroughly and remove to the side of the stove to boil gently until the vegetables are cooked. Then add one-half pint of green peas, a handful of French beans cut in diamond shape, and one-half pint of asparagus tips, these vegetables to be boiled beforehand. After testing the flavor and seasoning, serve very hot.

Flemish Soup

Have at hand carrots, turnips, and cucumbers, two of each. Peel the latter and scrape the first. Then with a vegetable scoop cut them in fancy shapes about as big as an olive. Cut the white part of two heads of celery and three leeks in thick shreds about half an inch long. Blanch or parboil these for five minutes, drain them on a sieve and place in a soup kettle capable of holding about three quarts. Add two generous

quarts of consommé or stock. Boil until the vegetables are sufficiently done. Boil slowly and skim occasionally. While the soup is boiling, boil the following vegetables, which when blanched add to the soup: one handful of Brussels sprouts, one-half pint of young peas, a few French beans cut small, and a handful of asparagus heads. Add a pinch of coarse white pepper. Let the soup boil three or four minutes. Place some dried croûtons in a tureen, pour the soup upon them and serve.

Hollandaise Soup

Peel two carrots, the same number of turnips and cucumbers, and cut them into the shape of small olives. After blanching them, boil them in one quart of strong white broth, made of veal or chicken. When the vegetables are cooked, remove from the range and add the yolks of four eggs mixed with twice as much water as there is egg liquid, one gill of cream, and a small lump of butter. Season with salt and pepper to taste. Stir over the fire until the soup is of the desired consistency and then pour into the soup tureen containing one gill of young peas and an equal quantity of French beans boiled tender and cut into diamonds. Serve very hot.

Julienne Soup

Cut lengthwise in short fine shreds two carrots, two turnips, two stalks of celery, the whites of two leeks, a white onion, and a few white cabbage leaves. Mix all, and with four ounces of butter set them on the fire. Stir occasionally until quite dry. Then add three quarts of beef broth. Boil slowly for forty-five minutes. Skim off all the fat, add one scant teaspoonful sugar and one-half pint of small, cooked green peas. Boil two minutes longer with a handful of chervil, sorrel, and lettuce leaves cut in fine shreds.

White Broth

Place in a kettle over a moderate fire a heavy knuckle of veal with all the scraps of meat, including bones — not of game

—at hand. Cover fully with cold water and add one handful of salt. As it comes to a boil, skim carefully. No scum should be left on. Then put in two large well-scraped carrots whole, one whole well-cleaned turnip, one large peeled onion whole, one well-cleaned parsley root, three thoroughly washed leeks, and a few leaves of cleaned celery. Boil very slowly on the corner of the range. Skim the grease off. Then strain through a wet cloth into an earthen bowl. Set away in cool place for use when needed.

Consommé with Vegetables

Put in a soup kettle one roasted fowl, two pounds of lean veal, some roast beef bones (if convenient), two pounds of soup meat, eight quarts of water, two tablespoonfuls of salt. Boil slowly for four hours. Skim well. Then add one carrot, one onion, one-half a parsnip, one turnip, two leeks, and a few peppercorns. Let all simmer for four hours. Remove all the fat and strain through a wet cloth. This broth should be very clear and of a rich yellow color. With a small tin tube cut round pieces of carrot and turnip in thin slices, add a leek cut crosswise. Parboil them, drain, and then boil one hour with three quarts of the broth. Add a finely sliced small heart of lettuce, sorrell, and chervil leaves; boil ten minutes longer. Finish with a little sugar and three tablespoonfuls of small green asparagus tops. Pour into a soup tureen with the crusts of two French rolls cut in small rounds and dried in the oven. Cover the tureen. Be sure to serve it hot.

Mock Turtle Soup, with Chicken Forcemeat Balls; with Egg Balls

Begin making the soup the day before it will be wanted. A calf's head is one of the articles needed, but a part of it may be used for dishes other than the soup. The following ingredients will make six quarts of soup: one calf's head, one shin of

veal weighing six pounds, one onion, two tablespoonfuls of chopped carrot, two tablespoonfuls of chopped turnip, three stalks of celery, a piece of stick cinnamon about three inches long, one-half a blade of mace, ten whole cloves, twenty white peppercorns, a bay leaf, one sprig of parsley, four tablespoonfuls of butter, six of corn-starch, a tablespoon each of walnut, mushroom, and tomato catsup, two lemons, a quantity of cold water, one gill or more of Port, salt and pepper, and, if one chooses, some egg or forcemeat balls. It may seem as if six quarts of soup were too large a quantity, therefore it may be well to say, in explanation, that a calf's head is sufficient for that quantity, and half of a head cannot be bought. If all the soup be not wanted at one meal, it may be warmed again.

Have the butcher split and scrape the calf's head and saw the bone of the shin of veal into several parts. Wash all carefully. Put the head into a large pan, covering it with cold water. Soak it for two hours. At the end of that time take out the brains, place the head in a large soup pot, and after putting in the shin also, pour in eight quarts of cold water. Heat it slowly to the boiling-point. Then skim carefully and set the pot back where the liquor will simply bubble for three hours. When that time has passed, take up the veal with a skimmer and then remove the head, being careful not to break it. Strain the stock that is in the soup pot and put all but two quarts away to cool. These two quarts should be returned to the kettle with the shin of veal; the spice mentioned above should be added and the kettle covered and set where its contents will only simmer. Now put the vegetables, cut fine, and the butter into a frying pan and fry gently for twenty minutes. At the last moment draw the pan forward so that the vegetables may become slightly browned by more rapid cooking. Be careful they do not get burned. Add these vegetables to the veal and stock and cook all for four hours. Then strain and put away to cool.

The next morning, after skimming off all the fat, turn the two lots of strained stock into the soup pot and set upon the stove. Add the catsup, also salt and pepper in quantities to suit your taste; and when the soup boils up add the juice of a lemon, the wine, and the face of the calf cut into small strips. Cover the soup pot closely and set it back where its contents will hardly bubble during the next fifteen minutes. It will then be ready to serve; but if it be intended for a late dinner it may be cooled, put away, and heated again when wanted. Thin slices of lemon cut in quarters and egg balls and forcemeat balls should be put into the tureen before the soup is turned into it, if one would have mock turtle soup in perfection. As it takes much time to make forcemeat balls, they may be omitted, but egg balls are easily prepared and should be used.

Chicken Forcemeat Balls

Chop very fine half of the breast of a tender chicken, pound it in a mortar and rub it through a coarse sieve. There should be a generous cupful of the meat after it has been rubbed through the sieve. Pour one quarter of a cup of cream into a saucepan with a scant quarter of a cup of fine bread crumbs and a bit of whole mace. Cook until the mixture forms a smooth paste. It will take about ten minutes. Remove the mace and add one tablespoonful of butter, salt, and white pepper to taste, the meat, and the white of an egg beaten to a stiff froth. Mix well, and when cool form in balls about the size of grapes. Have ready a pan of salted boiling water. Cook the balls for five minutes, turn them in a strainer and then add them to the mock turtle soup. The above balls may be prepared three or four hours before the soup is served.

Egg Balls

Boil four eggs for twenty minutes until hard. Plunge them in cold water and remove the shell. Pound the yolks in a

mortar until they become a smooth paste. Then add one teaspoonful of salt, a little white pepper, and a well-beaten raw egg. Mould the mixture into balls about the size of grapes, and roll them in flour. Fry in hot fat until they become a light brown. Turn them frequently while they are cooking.

French Mock Turtle Soup

Put in soup kettle half a shin of beef. Let the meat stand in cold water one hour, add one tablespoonful of salt to draw out the blood, then put on the fire and cook for six hours. Skim off all the grease and scum that rise for the first hour. Strain and set aside until the next day. Take a nice calf's head, parboil it, take the meat off and cut in inch square pieces. Take off the fat from the soup. Cut up two onions, one carrot, two fresh mushrooms, one clove of garlic, and one blade of mace. Whip up the whites and yolks of three eggs. Mix them in with the vegetables. Pour over them the cold stock and set on back of the range. Let mixture boil up slowly, *stirring until it comes to a boil.* Then let it boil slowly for twenty minutes. Then strain. It should be clear. Add the meat from calf's head. Continue to boil until tender. Drop in some egg balls, one glass Madeira wine. Serve very hot.

Dubarry Soup

Prepare two quarts of clear chicken bouillon. When ready, add one cup of washed and drained rice and boil until it is tender. Then rub through a sieve. Add one cup of boiled cauliflower pulp which has also been rubbed through a sieve. Thin this mixture to the desired consistency with cream. Season to taste with salt and white pepper and add the well-beaten yolks of two eggs mixed with some of the cream. Stir over the fire until the mixture comes to a boil. Cut some truffles in small pieces, mix with the soup, and serve very hot.

Mulligatawny Soup

Cut up two chickens as for a fricassee, place them in a pan with one carrot, one onion, one head of celery, and a bouquet. Cover with a good broth made of veal, and when the chicken is almost done, strain them off into a sieve, saving their broth in a basin. Plunge the pieces of chicken in cold water to blanch them, drain, and set away for future use. Now cut four large onions in half, remove the root part, and again cut them into slices. Place in a pan with four ounces of butter, a carrot, and two heads of celery cut in small pieces. Fry these until the onion is nearly melted, then stir in as much flour as will suffice to thicken the quantity of soup you wish to make. Stir this on the fire for a few minutes, and after stirring in one teaspoonful of curry powder and the same quantity of curry paste, gradually add the broth the chickens were boiled in and as much more veal broth as desired to make the required amount. When it comes to a boil, set it at one side of the range to clarify or settle. Rub it through a wet cloth and pour it over the pieces of chicken. Half an hour before dinner, stir the soup over the fire until it comes to a boil, then set it to one side and boil it slowly for ten minutes. By that time the chicken will be done. Skim the soup, and after tasting it to determine the seasoning, serve it with plain boiled rice in a separate dish.

Purée of Game

Skin and clean two fat wild rabbits and wipe them with a wet towel. Remove the fillets and free them from all the thin skin and sinews. Draw and clean two partridges, remove all the breast meat, lift up the skin and free the meat of the small sinews. Put the fillets aside for future use. Cut all the carcasses in small pieces. Place them in a soup kettle with a scant five quarts of beef stock. Place over a hot fire and watch until it begins to boil and remove all the scum and grease. Season

with two white onions, three medium-sized carrots, two leeks tied with a small bay leaf and a very small bunch of thyme, one tablespoonful of salt, and half a teaspoonful of black pepper. After adding the seasoning, let the mixture boil slowly for one hour and a half. Leave the kettle partly uncovered. When it has boiled the given time, strain through a colander into a large bowl. Let it become partially cool, then skim all the fat from the surface, remove the broth from the bowl with a cup, leaving a little in the bottom of the bowl to avoid the dregs. Strain the second time through a wet cloth. Put two tablespoonfuls of butter and two of flour in a saucepan. After it has cooked for five minutes pour the broth over it, a cupful at a time. Stir constantly. Let it simmer twenty minutes. Remove the pan to the side of range and pour in slowly, constantly stirring, one-half pint of rich cream. Do not boil after this is in. Place the partridge and rabbit fillets as follows: cover the bottom of a roasting pan with thin slices of larding pork. Season each one of the fillets with a little salt and pepper. Place them side by side in the pan and cover them with a thin layer of pork. Pour over them five tablespoonfuls of the game broth. Bake in hot oven for fifteen minutes. Baste twice during the cooking. Remove from the pan. Cut the rabbit fillets in very small squares, partridge fillets in thin square slices one-half inch wide. Serve the purée very hot after adding the minced fillets.

Green Turtle Soup

Green turtle when prepared can be kept for weeks, and dealers are not willing to retail it. The best way is to buy a small turtle weighing about twenty-five pounds. If your dealer will not prepare it, hang it by the hind legs or fins, cut off its head and let it bleed all day. Then with a sharp knife part the two shells, remove the intestines, take all the meat from the shells, bones, and fins. Cut each shell in four pieces, and plunge —*for a moment only*— the fins and shells in boiling

water to take the horny skin off. Then make a broth as follows: Cut in pieces and put in a stock pot twenty pounds of lean soup beef, six gallons of water, and plenty of salt. Boil slowly and skim well; add four onions, four carrots, four leeks, two heads of celery, a bunch of parsley, four bay leaves, thyme, sage, and basilic in proportion, and one handful of whole peppers, a few allspice, a few whole cloves, and a few blades of mace all tied together in a small cloth. Boil six hours and pass the broth through a sieve into a large tin pan. Use some of this broth diluted with water in a saucepan to cook the shells and fins, and some in another saucepan to cook the meat. The shells and fins require about one hour, and the meat not over twenty minutes. When they are done, take the shells, meat, and fins out of the broth and pass the broth through a fine strainer into another saucepan. Remove all the bones from the shells, fins, and meat, and cut in small square pieces. Mix the whole and put it in a dish.

The above is the preliminary and essential preparation. For a soup for eight persons: Thicken three quarts of broth with four ounces of flour which has been browned in butter, boil one-half hour, and skim well. Add one-half pint of Sherry wine, one gill of Port wine, a dash of cayenne pepper, and a portion of the turtle. Boil ten minutes, skim again, and serve with slices of lemon.

To preserve what is left of the turtle, reduce to a consistency the rest of the broth, add the turtle, and boil five minutes. Put in quart tin cans, which should not be quite filled. When cold, pour into each can, over the turtle, some melted lard to keep out the air. Set in a cool larder for further use. One quart is enough for eight persons.

Stewed Oysters à la Baltimore

Open neatly three dozen oysters. Place them in a saucepan *without their liquor* and add one ounce of good butter.

Cover the pan and place it over the fire. Cook for two minutes. Then add one wine-glass of good Madeira wine and a very little cayenne pepper. Cook together a little longer and then add one gill of Espagnole sauce and one-half a glass of demiglazed sauce. Stir thoroughly until it comes to a boil. Just before serving add the juice of one lemon, one teaspoonful of butter, one teaspoonful of finely chopped parsely. Serve immediately in a tureen.

Oyster Bisque

Two quarts of oysters in a saucepan with a little white pepper, nutmeg, two blades of mace, one bay leaf, one pinch of red pepper, two ounces of butter, one pint of white broth. Cover, boil ten minutes, drain in a colander, and save the liquor. Then chop the oysters very fine and put them on a plate. Knead five ounces of flour in a saucepan with four ounces of melted butter. Stir and cook a little without allowing to brown. Then dilute with three pints of boiled milk and the oyster liquor. Add the oysters, stir steadily, and boil ten minutes. Rub through a very fine sieve and add more milk if required. Stir and boil again. Finish with one-half pint of raw cream and four ounces of butter in small bits. Taste, pour in soup tureen, and serve hot, with small squares of bread fried in butter separately on a plate.

Clam Bisque

Boil one quart of opened clams for twenty minutes in three pints of good veal consommé. Strain and add two tablespoonfuls of butter, two tablespoonfuls of blended flour, and one pint of cream. Cook for a few minutes. Then stir in the well-beaten yolks of four eggs. Cook a few minutes longer. Season with salt and white pepper to taste.

Clam Chowder

One quart of opened hard clams, drained and chopped very fine, two dozen soft-shell clams, chopped in the same way, with

the hard part removed. Cut one quart of peeled potatoes in small squares. Bruise and steep one-half pound of hard crackers in cold water. Chop two large white onions and two ounces of salt pork very fine. Put the pork and onion in a stewpan with one ounce of butter. Fry until a light brown, add the potatoes, six peeled and sliced tomatoes, one quart of water, three pints of white broth, veal or chicken, ground thyme, mace, sage, and white pepper to taste. Boil thirty minutes. Then put in the clams with their liquor and the crackers. Boil thirty minutes longer. Skim the fat, add four ounces of butter and chopped parsley, mix thoroughly, and serve at once.

Fish Broth

Fry four ounces of butter with the following vegetables sliced fine: two onions, two carrots, and two leeks. Fry until quite dry. Then add four pounds of fish, — such as bass, black fish, flounder, or any bony fish, — the head of a fresh cod, one quart of white wine, and six quarts of water. Season with salt, peppercorns, bunch of parsley, and a few blades of mace. Cover the stewpan and boil one-half hour. Strain the broth and free it from its fat. Chop up two pounds of cod or bass, mix with two eggs, add the broth and a few more sliced vegetables. Set on the fire and stir constantly until it begins to boil. Then let it simmer for ten minutes and strain through a wet cloth. Pour in a tureen with three or four dozen veal forcemeat balls fried in hot lard.

Fish Chowder

Skin a four-pound haddock, wash thoroughly, and cut the flesh from the bones in pieces about two inches square. Cover the head and bones with cold water and boil one-half hour. Slice two small white onions in a pan with four slices of thin, fat, salt pork. When tender, skim out the pork and onions and add the strained bone liquor and one quart of sliced raw potato.

Cook for ten minutes, then add the fish, one tablespoonful of salt, and one-half teaspoonful of white pepper. When the potatoes are tender, add one quart of hot milk which has been thickened with two ounces of butter and flour mixed together. Do not break the fish by needless stirring. Split six butter crackers, arrange in a tureen, and pour the fish chowder over them.

Crab Bisque

For eight persons use eighteen large, hard-shell crabs, one quart of chicken or veal stock, one quart of cream, one pint of stale bread free of crust, two tablespoonfuls of butter, one of flour, one small slice of carrot, one large slice of onion, two bay leaves, one stalk of celery, one sprig of parsley, a bit of mace, slight grating of nutmeg, one-fourth teaspoonful of white pepper, dash of cayenne, and three teaspoonfuls of salt. Put one-half the meat of the crabs and all of the claws into a stewpan. Add the spice, vegetables, herbs, and half the stock, and place the pan where its contents will simmer gently for forty minutes. Ten minutes later put the bread and the remaining stock into another stewpan, and set the pan where its contents will simmer gently for thirty minutes. When the first mixture has cooked for the proper period, strain it over that in the second stewpan. Mix all these ingredients thoroughly and rub through a fine sieve. Return to the fire and add butter and flour which have been rubbed together. Cook five minutes longer and add the cream heated in a double boiler, the remainder of the crab meat, salt and pepper. Let the soup boil up once and serve. If one choose, one tablespoonful of brandy and three of Sherry may be added after the bisque is taken from the stove.

Crab Bisque

Twelve large, hard-shell crabs boiled in salted water. The female crab, known by the light red claws and large flap, is the

best. Drain, remove the large shell, but save the creamy part that sticks to it. Put this with the coral that is in the crab, pound fine with four ounces of butter and the yolks of four eggs, and rub through a sieve. Pare off the flaps and gills, wash off the sand, and pound what is left of the crab to a purée. Chop a medium-sized onion, put it in a saucepan with four ounces of butter, fry a minute or two, then add one pound of steeped and pressed white of bread and the crab purée. Stir the whole to a paste and gradually stir in one-half pint Catawba wine and enough white broth to make it of the right consistency. Add a bouquet and boil all for one-half hour. Rub through a fine hair sieve, stir and boil again. Add the prepared egg yolks, white pepper and a pinch of cayenne, one-half pint boiling cream. Mix well without boiling and pour into a tureen. If possible, serve with small boiled oyster crabs separately on a plate.

Gumbo of Crabs

Take eight large, soft-shell crabs, clean them, and pare off the small legs, flaps, and gills which are spongy and generally sandy. Wash, drain well, and cut each crab in about eight pieces. Put in a saucepan two ounces butter, two chopped shallots, and two ounces of ham cut very small. Fry a little, add one-half pint of white wine, five pints of white broth, salt, pepper, one bunch of parsley tied up with one bay leaf, one sprig of thyme, one clove of garlic, two cloves, one-half a green pepper without the seeds and cut small, and finally the crabs. Cover, and boil slowly for one hour. Remove the parsley, skim the fat, and add six tablespoonfuls of gumbo powder. Drop the powder by the left hand quite a distance from the liquid, all the time stirring with the right hand. This prevents it from getting lumpy. Season highly, pour into a soup tureen, and serve with plain boiled rice on a separate dish.

Lobster Bisque

Cover two lobsters weighing about one and one-half pounds each with boiling water. Add one tablespoonful of salt, one head of celery, one small bouquet, half an onion, and six whole peppers. Cook until the lobsters' claws can easily be pulled apart — it will probably take twenty minutes. When cool enough to handle, cut the lobster down the back and remove the meat from the body and the claws. Save the coral and the green fat. Put back all the tough part with the small claws and shells, and cook them for twenty minutes in the same liquor. The liquor must be considerably reduced. Dry the coral, then rub it through a sieve. In a saucepan mix one tablespoonful of butter with one ounce of flour. When it comes to a boil, stir in one quart of hot milk. Let this come to a boil. Then add one pint of the lobster broth. This must come to a boil. Then season with salt and white pepper. Stir in the sifted coral enough to give the liquid a bright pink color. Place the green fat and the lobster meat cut in fine pieces in a tureen, pour the hot mixture over them, and serve very hot.

Sudden Call Soup

While one quart of milk is heating in a double boiler, place a tablespoon of butter in a stewpan till it boils, — but does not brown, — add two tablespoons of flour, and when that is well mixed in, one teaspoon each of salt and celery salt, and a saltspoon of white pepper. Add this hot thickening to the milk. Take a small can of salmon, remove the bone and skim, mince fine, and add to the heated and thickened milk. Boil up and serve at once.

Purée of Asparagus

Have at hand two bunches of asparagus, three ounces of flour, three ounces of butter, two scant quarts of white broth, one quart of milk and seasoning. Break the asparagus tops off

as far down as possible. Wash them and then boil in salted water. Drain immediately. Melt three ounces of butter in a stewpan, stir over a brisk fire for five minutes, add three ounces of flour, mix thoroughly, and then add two quarts of white broth and a quart of boiled milk, salt, white pepper, a dash of grated nutmeg, and a half teaspoonful of sugar. Stir constantly and let the mixture boil for ten minutes. Rub through a purée sieve. Pour in saucepan and let it come to a boil. If too thick, add more milk; stir in a little butter. Serve with squares of fried bread in separate dish.

Asparagus Soup

Boil one quart of asparagus cut in inch lengths in one quart of water till tender. Rub through a colander and return it to the water in which it was boiled. Heat one pint of milk and pour it over one tablespoon of butter and one of flour well beaten together. Boil and then add to the asparagus. Pour in a tureen in which croûtons have been placed, and serve.

Purée of Barley

Boil for an hour barley with broth enough to cover it. When it is quite softened, put the barley through a sieve, thin with broth or stock, season with salt and pepper, and serve hot with toast sippets or croûtons.

For this chicken broth may be used, or a broth or stock of mutton or beef.

Cream of Barley

Boil slowly for four or five hours half a pint of barley, with an onion in a quart and a half of chicken broth. Put through a purée sieve, add a pint of cream or rich milk, boil up, set back on the range, add the beaten yolks of four eggs thinned with a little milk, and serve with croûtons.

Barley Soup

Boil in water for half an hour half a pound of pearl barley. Place this barley in two quarts of chicken, beef, or mutton broth, add half a pint of dice made from turnip, carrots, and other vegetables, and boil gently for an hour or two. Season with salt and pepper, and when you serve, add a few green peas or a little sliced celery.

Cream of Pearl Barley

After washing half a pound of pearl barley most thoroughly, set it to cook in a quart of veal stock, and let it cook slowly at the back of the range for four or five hours. Divide the cooked barley in half, put one-half through a purée sieve and add to the other uncrushed half. Stir in a pint of boiling cream, season to taste, and serve with sippets or croûtons.

Bean Soup

Boil one pint of small white beans in one quart of water and one teaspoon of soda for five minutes. Pour off the boiling water and put the beans through cold water till the skins come off. Throw away the skins. Put the beans again in fresh cold water and boil till very soft. Add two quarts of rich milk, salt, pepper, and butter to taste; afterward let the soup boil up a couple of times before serving. The soft part of the bean is of course broken up in the boiling and forms the thickening and gives the flavor to the soup.

Black Bean Soup

Take three pints of black beans and soak them over night. Put them to boil early in the morning with two pounds of beef, one grated carrot, two onions, and six quarts of water. Boil until the beans are soft. Then put in twelve whole cloves. Strain through a fine sieve, being careful to get all the pulp through. Heat the mixture thoroughly, and add the juice of

two lemons, three hard-boiled eggs cut in slices, one lemon cut in slices, a dash of red pepper, and Sherry wine to taste. Serve very hot. After straining, should the soup be too thick, add a little boiling water.

Purée of Lima Beans

Place one quart of Lima beans in a saucepan with salted boiling water, one onion with a clove stuck in it, a small piece of carrot, a bouquet, and one ounce of butter. Boil briskly until soft, drain in a colander, and save the liquid. Remove the onion, carrot, and bouquet, and pound the beans in a mortar, then mix with the liquid and enough white broth to make the desired quantity of soup. Rub through a purée sieve. Stir it over the fire until it comes to a boil, skim, and season to taste. Add two ounces of butter. When thoroughly mixed, serve with small pieces of fried bread.

Beet Soup, or Barszcz

Make a strong bouillon by stewing marrow bones and soup meats. Cook beets until they are delicate and tender, then slice them to make circles, and cut the circles in little fingers.

This soup is often prescribed in Europe as extremely nourishing and strengthening.

Cauliflower Soup

Have one quart of clear white broth, free from grease, and one tablespoonful of finely chopped onion. Let them come to a boil. Rub one cupful of boiled cauliflower through a sieve, and add to the broth. Let one pint of milk come to a boil and stir that in. Season with salt and white pepper. If not thick and creamy, add a little flour blended with water. Then add one tablespoonful of butter, and one cupful of cooked cauliflower, in little branches. Stir in a tablespoonful of finely chopped paraley and serve very hot.

Chestnut Soup

Boil two pounds of French chestnuts until they are tender. Remove the shells and peel them. Set aside twelve whole ones. The rest must be put into a mortar, pounded, and then rubbed through a sieve. Mix this purée with enough consommé and cream — half of each ingredient — to make a rich cream soup. Season with salt and a little white pepper. Stir over the fire and scald thoroughly, but do not let it boil. Just before serving, cut the twelve chestnuts up in small pieces — each chestnut in five pieces — and stir in the soup. Serve very hot.

Corn Soup

Cook in a double boiler with three cups of milk for fifteen minutes the pulp cut and scraped from six ears of fresh corn. Cook the cobs in one-half pint of water. Stir one cup of cream sauce into the milk and pulp. Rub the pulp, etc., through the strainer, diluting it with the cob water. Heat again and season with paprika. If too thick, add more milk.

Cucumber Soup

Take six good-sized cucumbers, peel them and remove all the seeds, cut them in small pieces, and fry in melted butter until tender. Then rub them through a purée sieve. Place in a saucepan two quarts of white broth and the cucumber purée. Heat thoroughly and add one-half pint cream mixed with the yolks of four eggs. Stir over the fire until it becomes the desired consistency. Do not let it boil.

Egg Soup

Fry three sliced onions in a little butter until they are a light brown. Then pour in three pints of water and boil without a cover until the onions are tender. Remove the onions, which you may put through a sieve, and return to the

pot or leave out altogether. To the boiling liquid add a teaspoon of salt, a little pepper and sugar, and a teacup of milk, into which you have beaten smooth a tablespoon of flour. After the soup has thickened, take off the fire and add slowly, and one at a time, the yolks of four eggs. Pour over dice of bread fried, or merely plain toast, and send to the table hot.

Mushroom Soup

Have at hand two pounds of good-sized fresh mushrooms. Select twelve of them and set aside. Chop the rest and fry in melted butter. You can tell when they are done, for then the butter will be oily. Stir in two tablespoonfuls of flour. When thoroughly mixed, add one pint of milk, and one pint of cream, and one cup of consommé. Cook slowly for fifteen minutes. Rub the soup through a colander, then strain through a cheese cloth. Season with salt and white pepper. Heat thoroughly, and serve.

Cream of Celery

Cut twelve stalks of celery in small pieces, and boil with half an onion and a blade of mace in three pints of water for half an hour. Put through a purée sieve, add a pint of milk, salt and pepper to taste, and a heaping tablespoon of butter mixed with a tablespoon of flour. Bring the mixture to a boil, add a cup of cream, and serve at once.

Cream of Cheese

Bring to a boiling-point two cups of milk, two cups of white stock, and one onion. Take out the onion and thicken the liquid with one tablespoon of butter and flour rubbed together till smooth. Add salt and pepper to taste, stir in a full half cup of grated cheese, add an egg beaten light, and serve at once. A small pinch of soda in the milk before the cheese is added may prevent any separation.

Cream of Corn

Add a quart and a half of water to each quart of corn, cut fresh from the cob, or if that cannot be had, to each quart of canned corn. Boil until the kernels are tender and then add two ounces of butter which has been beaten into one tablespoon of flour. Add fifteen or twenty more minutes to the boiling, season to taste, stir in a cup of cream, either plain or whipped, as preferred, and serve with floating croûtons.

Cream of Onion

Peel and slice a dozen small white onions and fry them a light brown in a tablespoon of butter. Have ready in a double boiler a pint of water, a quart of milk, a saltspoon of salt and white pepper, a pinch of mace, and a double pinch of sugar. To this add the fried onions, cook slowly half an hour, and strain through a purée sieve. Add the yolks of three well-beaten eggs and a cupful of cream and serve at once.

Potato Cream Soup

Peel and boil six large potatoes. Mash them through a colander, add one quart of milk and one pint of cream, salt and white pepper to taste, and a piece of butter the size of an egg. Strain through a fine sieve. Pour into the tureen and sprinkle with very fine chopped parsley. Slice bread about half an inch thick, cut in strips about half an inch wide and three inches long. Arrange in frying basket, plunge in hot fat, and fry until light brown. Drain on brown paper, arrange on separate dish, and serve with the above.

Cream of Rice

Wash and parboil one pound of rice. Drain and cook thoroughly with two quarts of chicken or veal broth, then rub it through a purée sieve. Dilute with more broth, if necessary,

until it is the desired consistency. Stir over the fire until it comes to a boil, skim, and season to taste. Just before serving, stir in one pint of boiling cream and two ounces of butter. Mix thoroughly. Add one pint of small green asparagus tops and serve.

Cream of Spinach

Wash and boil half a peck of spinach in salted water. Drain and chop very fine. Put in a stewpan with two ounces of butter, salt, pepper, and a little grated nutmeg. Stir over the fire until the moisture is almost evaporated, stir in one ounce and a half of flour and three pints of boiled milk. When the mixture has boiled for a minute, remove from the fire, rub it twice through a fine sieve, and return to the pan. Stir and heat it well without boiling it. Add a little more butter and half a cup of cream. Serve with fried bread crumbs.

Oatmeal Soup

Boil together for an hour and a half enough oatmeal to make the water slightly thick or viscid. Add a lump of butter, enough sugar to sweeten slightly, a little wine, and drop in a bit of lemon peel. A good pinch of salt also should not be forgotten. After the boiling strain through a sieve, boil up again, add cream and the beaten yolks of eggs to your taste, and serve with toast sippets.

Split Pea Soup

In buying dried or split peas, be sure that they are not old and worm-eaten. Wash a pint of them clean and soak them over night in plenty of cold water. Put them on to boil with five pints of cold water and boil them till tender. Add, when the peas are tender, a couple of onions, or more if you wish, a couple of fine carrots grated, and a turnip or two sliced, if your taste so directs. These vegetables should be browned in butter before going to the peas. Add also pepper and salt

to taste. Stew all gently together till the vegetables will go through a sieve. After straining in this way put the soup back to boil and serve after a few minutes' boiling with half a dozen croûtons floating in each plate. The hock of a ham or a piece of pork may be cooked with the peas for flavoring.

Saratoga Soup

Warm and strain one can of tomatoes, add half a cup of raw sago. Boil until the sago is clear. Add one pint of consommé. Salt and pepper to taste. If desired, a little Worcestershire may be added.

Tomato Soup

Heat and strain one can of tomatoes and add one quart of stock. Stir in one teaspoonful of corn-starch which has been blended in a little water. Stir constantly over the fire until just ready to boil. Season with salt, a little Worcestershire, and also a little mushroom catsup.

Tomato Cream Soup

Melt one good-sized lump of butter, stir in two tablespoonfuls of flour. When mixed, add one pint of milk and one pint of cream. Let it boil. Scald one can of tomatoes, strain, and add to the soup a little at a time so it will not curdle the milk and cream. Add a very small pinch of sugar, season to taste. Strain through a wet cheese-cloth and serve very hot.

Tomato Soup

Empty one quart jar of tomatoes into an agate saucepan and add one pint of cold water. Stand the mixture over a quick fire. Next, mix together in another saucepan one heaping tablespoonful of butter and two tablespoonfuls of flour. When the tomatoes reach the boiling heat, pour them over the flour and butter in the other saucepan, stirring constantly to

keep it from lumping. Set the saucepan on the stove and season the mixture with a little grated onion, one heaping teaspoonful of salt, and a little black pepper. Let the soup boil *very slowly* for half an hour. Then press it through a purée sieve. Stand it back on the fire, add one teaspoonful of soda, and after a minute add one pint of rich cream. Let it boil one minute and then serve.

Tomato Soup Maigre

Fry to a good brown a sliced onion, — this in the bottom of a soup pot, — and over it pour a can of tomatoes, which have been well chopped, and two cups of boiling water. When the tomatoes are cooked tender, rub them through a colander, put the soup in the kettle, add a cup of boiled rice, thicken with a tablespoon of butter, rubbed smooth with the same amount of flour, boil up, and serve.

Sorrel Soup

Make a good strong bouillon, using marrow bones and bone meat preferably. Having carefully washed the sorrel leaves, chop them very fine, and cook till tender in a little of the bouillon. Add to them rich cream in the proportion of a tablespoon or two for each plate, bring to a boil, pour into the bouillon, and serve.

Sometimes hard-boiled eggs are served with this soup. The eggs are cut in halves, fried in butter, and two halves laid in each soup plate.

CHAPTER V

FISH, OYSTERS, LOBSTERS, TERRAPIN

Court Bouillon for all Sorts of Fresh Water Fish

ONE pint of water, one quart of white wine, one tablespoonful of butter, a bunch of parsley, a few young onions, one clove of garlic, a bunch of thyme, one bay leaf, one carrot, and a blade of mace. Boil the fish in this bouillon, which will do for use several times. Any kind of fish, such as salmon, trout, pompano, sheepshead, carp, may be boiled in this way. Lobster boiled in court bouillon is very fine.

Fish Forcemeat

Take one pound of raw fish, — halibut, cod, pompano. Mortar it well and put it through a purée sieve. Weigh it; there should be four ounces, good weight. Then add the beaten white of one egg. Set in a cool place. Melt one tablespoonful of butter with one of flour. When they come to a boil, add one cup milk, the yolk of one egg, one tablespoonful cream. Season to taste. Cook until it thickens and is smooth, remove, and when cold add to your fish.

Fish Forcemeat

Take two ounces of fish free from skin, put in a mortar with two ounces of fresh butter, one ounce of bread crumbs, the yolks of two eggs boiled hard, and a little shallot, grated lemon peel, and minced parsley. Pound together till quite smooth, mix with salt, pepper, and the yolk and white of an egg, and it is ready for use.

Veal Forcemeat for Fish

Soak four ounces of stale bread in water, squeeze it dry, and mix with four ounces of finely chopped cooked veal and two ounces of finely chopped salt pork and one tablespoonful of butter. Pound all in a mortar, then rub through a purée sieve, and add the following: the juice of half a lemon, half a teaspoonful of powdered thyme, half a teaspoonful of sweet marjoram, a little ground mace, a little salt and white pepper, and a well-beaten egg. This may be made in larger or smaller quantities, according to the size and number of the fish to be stuffed.

Baked Bass

Wash and clean a fresh bass for baking, leaving on the head. Stuff the fish with the following mixture: two and one-half cups of fine bread crumbs, one cup of butter, the rind of a quarter of a lemon chopped very fine, two or three sprigs of parsley chopped fine, and a little sweet marjoram. Season to taste with salt and white pepper. Mix two well-beaten eggs with a little water, and add to the mixture. When the fish is well stuffed, sew up the opening. Score it on each side, and in the spaces place very thin slices of salt pork. Place it in a pan with a little stock, and bake in a moderate oven. Baste it frequently with the stock and a little seasoning. When thoroughly cooked, carefully place it on a hot dish.

To the gravy which is left in the pan, add a little tomato sauce. Stir on the top of the range until it comes to a boil. Strain and serve in a separate dish. Garnish the fish plate with parsley and thin slices of lemon.

Palmettes of Striped Bass

Cut out six heart-shaped fillets from the thickest part of the bass. Season with pepper, salt, and the juice of half a lemon.

Put under a press for one-half hour. Cook in clarified butter for ten minutes until a delicate brown. Make a forcemeat (the same as for fillet of pompano). Color the forcemeat pink and green, also have some white. Pour in three pastry bags. On the outside of each palmette put a pink border, on the inside all white with a small heart shape of green on the top. Set them away to get chilled. Have six pieces of heart-shaped oiled paper. Wrap up each palmette in one. Place them in a tin pan, set the pan over another which is half filled with water. Cook in the oven until the forcemeat is done, or from twenty to twenty-five minutes. Serve on corn-starch croustade and with Hollandaise sauce.

Corn-starch Croustade

Place one pint of milk in a saucepan over the fire, and when it boils add two heaping tablespoons of corn-starch, which has been dissolved in a little cold water, and one-half teaspoonful salt. When the mixture has cooked five minutes, add the white of an egg. Wet a mould about three-fourths or one inch deep of the desired shape and pour in the mixture. While hot it may be colored pink or green. Set away to cool.

Baked Bluefish

Select a nice large bluefish, clean, and prepare it for baking. Wash it in salted water, and after drying it thoroughly, stuff it with veal forcemeat for fish, or else with bread forcemeat, to which a few capers have been added. Sew up the opening and rub the fish all over with salt. Then, having put small pieces of butter over it, place it in a large pan with enough water to cover the bottom, and bake in a hot oven for forty-five or fifty minutes. After it begins to bake, sprinkle it with a little salt and pepper. Baste it often with the liquid in the pan and a little melted butter. When it is cooked and a nice color, remove

carefully to a hot plate. Do not break it. Serve with a brown sauce, or any desired sauce poured round the fish as a garnish, or serve it in a separate dish.

Slices of Cod à la Seville

Wash and dry one-half pound of Carolina rice, fry it in hot olive oil, drain on a sieve, and then put it in a stewpan with some pieces of fresh cod cut in pieces about four inches square, and which have been fried in olive oil and drained. Cut a Spanish onion in very thin slices, and also fry the slices in oil. Mix them with six ripe tomatoes from which the skins and seeds have been removed. Cook the onion and tomato slowly for five minutes, then pour it over the fish and rice. Season with a little cayenne, salt, and lemon juice. Moisten with one pint of white broth, place a buttered paper on top, cover with the lid of the pan, and place in the oven to bake. In about half an hour the fish and rice will be done. Remove the pieces of fish and with a wooden spoon stir the rice over the fire in order to mix it with the seasoning. Arrange the rice on a dish and place the pieces of codfish on it. Garnish with tomato sauce or mussel sauce.

Shredded Cod baked with Cream Sauce

Boil four or five pounds of fresh cod. When cooked, drain and shred in fine pieces and set away to cool. Make the following sauce for a five-pound piece of fish. Boil one quart of milk with one onion and a little finely chopped parsley. Set it aside. Mix one cup of butter with enough flour to absorb it. Add this to the milk and boil until it is the consistency of custard. Season with a dash of cayenne and salt to taste. Put a layer of shredded fish in a baking dish, cover with a layer of sauce, then a layer of fish, and so on until the dish is filled. Have the last layer of cream. Cover with fine bread crumbs.

Facing page 104.

BAKED CODFISH.

FISH MOUSSE.

Facing page 110.

MOULD FOR A MOUSSE OF FISH.

Sprinkle with pieces of butter and bake in the oven until the top is a nice brown. Small boiled potato balls covered with cream sauce should be served with this.

Baked Cod

Select a fresh cod, cut off the head and fins, draw, wash, and split it down the belly. Remove the bone from the thick part only, and make small lengthwise incisions in the skin in order to prevent the fish from curling while it is cooking. Put it to soak for three hours in a dressing made as follows: salt, white pepper, a little Worcestershire sauce, and some sweet oil. Drain and place in a pan. Baste it with melted butter and sprinkle with fine bread crumbs. Moisten with two glasses of white wine and one pint of oyster liquor. Bake in a slow oven and then cover with a buttered paper and bake a light brown in a moderate oven. Drain and thicken the liquid with a little flour kneaded with butter, add some lemon juice and finely chopped parsley. Pour this round the fish and serve.

Baked Cod's Head

Wash and thoroughly clean a cod's head. Stuff the gills with veal forcemeat. Place the head in a pan, season with salt, white pepper, and a little chopped parsley. Mix one pint of stock, a scant pint of Sherry wine, and a little tomato catsup, and pour into the pan. Cover the fish with buttered paper and bake in a moderate oven. The fish must be well basted while it is cooking. When the head is nearly cooked, sprinkle it with fine bread crumbs. The average sized head should bake in one hour and a quarter. Mix the liquor in the pan with two gills of brown sauce, strain it, and add two ounces of butter and a little lemon juice. Boil for four minutes and then pour over the fish or serve in separate dish.

Codfish à la Mode

Take one teacup of salt codfish picked up fine, two teacups of mashed potatoes, one pint of cream or milk. Mix them well together and then add two eggs well beaten. Stir them in thoroughly and then add ~~a half cup of~~ butter, and salt and pepper to taste. Put in a baking dish and bake twenty or thirty minutes.

Colonial Codfish Pie, with Crust

Line a deep baking dish with a biscuit crust. To make the crust, sift together four cups of flour, one heaping teaspoon of soda, and two teaspoons of cream of tartar (or in place of these three heaping teaspoons of baking powder), and one teaspoon of salt. In this rub one-half a cup of shortening and about a pint of milk, that is, enough to make a medium soft dough. In rolling out the upper crust spread butter on twice and fold and roll out.

Take a pint of picked-up salt codfish, cover it with boiling water, let it stand two minutes and drain. Pour on more water and, after it has stood, drain dry. Upon the crust of your baking dish put a layer of this codfish, sprinkle it with bread crumbs, pepper (a little salt if you find the fish fresh), small pieces of butter, and some cream sauce (made by thickening one pint of boiling milk with two teaspoons of flour and seasoning with salt and pepper). Break over the fish bread crumbs and seasoning, three or four eggs, carefully preserving the yolks. Repeat these layers, — codfish, bread crumbs, cream sauce, and eggs, — put on the top crust, cut a few holes in the centre to let out the steam, and bake till the crust is a delicate brown.

Codfish Balls

Trim and soak a piece of salt codfish in cold water for six or seven hours, and during that time change the water two or three times. Shred it. Should it be too salt after shredding,

freshen it by frequent changes of cold water. There should be one quart bowl of the shredded fish. Cover it with water and let it simmer gently until tender. It will not take very long. Should you boil it too much, you might harden it. Have ready six good-sized, fresh-boiled potatoes, and mash them while hot. Have the fish drained, pounded, and rubbed through a sieve, and mix with the potatoes and three well-beaten eggs. Season to taste with salt — if necessary — and white pepper, also a small lump of butter. Drop by the tablespoonful into a pan of boiling hot lard and fry until a delicate brown. Drain on brown paper and serve very hot.

Maigre Fish Pie

Have ready plenty of salt codfish boiled and free from bones and skin. Have ready also four hard-boiled eggs and four onions. Peal and slice the eggs and onions very thin. Line the bottom of a deep pie dish with fish forcemeat or a layer of boiled potatoes sliced thin. On this put a layer of onions, then a layer of fish, then of eggs, and so on till the dish is full. Season each layer with a little pepper, and pour over the layers a gill of water containing a teaspoon of made mustard, a teaspoon of the essence of anchovy, and a little mushroom catsup. Break in small bits over the top an ounce of fresh butter. Cover all with a puff paste and bake one hour. For this dish fresh fish may be used by adding a little salt.

Salt Mackerel

Soak salt mackerel about forty-eight hours, changing the water once, then put it in a pan, cover with cream or the richest milk. Put in the oven and cook until cream is brown.

Pompano Fillets à la Duchesse

Cut fillets — as many as you wish — from a nice pompano. Put them on a platter and season with half a teaspoon of salt,

one-fourth a teaspoon of pepper, and the juice of half an onion. Rub the fish well with the pepper and salt. Squeeze the onion juice over the fillets through a fine cloth, and let them stand one hour. Wipe dry. Put some fish forcemeat in a tube, and in fanciful forms press it over the fillets. Put a star cut from a truffle on top of each. Wrap each in piece of oiled paper. Place them in a tin pan, set the pan over another which is half filled with water. Bake in the oven until the forcemeat is done, or from twenty to twenty-five minutes. Serve with duchesse sauce.

Stuffed Pompano with Lobster

Select a fresh pompano, clean and wash it, and having removed the head and tail, reserve them for future use. Split the fish as for broiling and remove the bone. Boil a small lobster weighing about one and a half pounds. When cool remove the meat, saving the coral. Pound the meat in a mortar and rub it through a purée sieve. Mix it with a small cup of cream sauce, two well-beaten eggs, one tablespoonful of flour. Season with salt, white pepper, and if desired a dash of nutmeg. Lastly, stir in a small cup of cream and a tablespoonful of Sherry. Mix thoroughly. Lay the split pompano in a pan, skin side down, and on each half smoothly spread the lobster forcemeat. Garnish the fish with truffles cut in fancy shapes, finely chopped truffles, hard-boiled eggs, — the whites and yolks chopped separately, — and the coral of the lobster cut in strips. Pour a little salted water in the pan, cover the fish with buttered paper, and steam in hot oven for half an hour. When done, place on a hot dish on a bed of green celery cut in strips like grass. Decorate the head and tail and replace on fish. Put a few shrimps around the dish, on the celery, and serve with a shrimp sauce. Bass may be served in this way. The fish, when prettily garnished, is very pleasing at serving time.

Boiled Red Snapper

Clean and scale a fresh red snapper which will weigh about five or six pounds. Wash it in cold water. Have as much water in the kettle as will cover your fish. Add vinegar, salt, and lemon juice. To four quarts of water add one and a half tablespoons of lemon juice, two tablespoons of salt, and one tablespoon of vinegar. When the water comes to a boil, push it to the back of the range. Add a pint of cold water, then put your fish in and move the kettle to the front. Just as soon as the water comes to a boil, place the kettle where the contents will just bubble. Let it cook in this way for half an hour. When cooked, drain thoroughly and serve with Hollandaise or any sauce suitable for the fish.

Baked Red Snapper, with Forcemeat

Select a red snapper weighing about five pounds. Cut off the fins, scale it, and prepare it for baking. Stuff it with the following mixture: One pint of medium-sized oysters, chopped very fine, one-half cup of powdered cracker crumbs, one generous tablespoonful of butter, one-quarter of a teaspoonful of white pepper, one-half teaspoonful of onion juice, one teaspoonful of salt, and one teaspoonful of finely chopped parsley. Mix together thoroughly. Rub the fish inside and out with one tablespoonful of salt. When it is stuffed, sew up the opening and place it on a buttered sheet of tin. Place the tin in a pan with about a pint of boiling water and bake in hot oven for about one hour.

Have the following sauce prepared to baste the fish with: Heat two tablespoonfuls of butter, then add two tablespoonfuls of flour. Stir until it is brown. Then gradually add one pint of cold water. Let this boil for five minutes and keep it hot. Pour about one-quarter of this sauce over the fish. Dredge it with salt, pepper, and a little flour. Repeat this in ten

minutes, and twice after with an interval of fifteen minutes. Renew the water in the pan each time the fish is basted. Serve with a Madeira sauce or any simple sauce.

Broiled Salmon

Select as many slices of salmon as required. Sprinkle with a little chopped parsley and mixed herbs, salt and pepper, and some olive oil. Let the slices soak for one hour, turning occasionally so the fish will absorb the seasoning. Arrange on a well-greased gridiron and broil over a clear fire. Baste occasionally with the oil seasoning which is left. When nicely browned and thoroughly cooked, place on a hot dish, and garnish with parsley and slices of lemon. Serve a white sauce in a separate dish.

Salmon Cutlets

Cut two or three pounds of cold boiled salmon in very small pieces. Mix some boiled lobster coral and half an ounce of butter, pound in a mortar, and rub through a hair sieve. Place one gill of milk in a saucepan with one ounce of butter and one ounce of flour which have been creamed together. Stir over the fire until it becomes thick and does not stick to the sides of the pan. Then stir in the salmon, coral, a dash of cayenne pepper, salt, and lemon juice to taste. Remove from the fire. When cold, shape the mixture into cutlets, brush them with beaten egg, roll in fine bread crumbs, and fry until a nice brown in hot fat. Drain on hot paper. Serve on a hot dish garnished with fried parsley. Serve lobster sauce separately.

Baked Salmon

Take four salmon steaks weighing one pound each. Place in a buttered saucepan with one pint white wine, one pint white broth, white pepper, salt, a little grated nutmeg, a bunch of parsley with a few whole spices or herbs wrapped in it, and

two ounces of butter. Let it come to a boil, then cover and simmer for one-half hour. Drain the fish and remove the bunch of parsley. Thicken the liquid with one ounce of flour which has been cooked in butter. Boil ten minutes, then mix with the yolks of four eggs and some chopped parsley. Spread a thin layer of thick mashed potatoes in an oval baking dish, well buttered. Remove the bone and skin from the steaks and place them one overlapping the other on the potatoes. Fill with more potatoes, smooth nicely, and pour the sauce over all. Sprinkle with bread crumbs and little pieces of butter over the top. Bake until a light brown, in a moderate oven, about twenty minutes. Serve in the baking dish.

Fillets of Salmon à la Vénitienne

Take the fillets from a four-pound tail-piece of salmon. Remove the skin and cut each one in four long pieces. Flatten and trim evenly. Fasten fine strips of larding pork on one side, season with salt, white pepper, and a little lemon juice, and place the larded side up in a buttered pan. Moisten with half a pint of white wine, and cover with a sheet of buttered paper with a small hole in the centre. The steam must have vent, else the surface will not glaze. Cook in the oven about forty minutes, basting frequently with the liquid in order to have the glaze a nice color. Drain and dish the fillets in a circle with alternate heart-shaped slices of bread fried in butter. Thicken two ladlefuls of broth with one ounce of flour kneaded in butter. Stir and boil a few minutes. Add two ounces of butter, a little lemon juice, and chopped parsley. Mix well and pour in centre of dish.

Salmon Mousse à la Martinot

Have a slice of raw salmon, scrape so it will be free from sinews, put it in a mortar and pound to a pulp, and put through a fine purée sieve. Then weigh it. There should be eight

ounces, good weight. Place in a bowl and gradually add the beaten white of two eggs, stirring constantly with a wooden pestle. Make a sauce of the following: One tablespoonful melted butter, one tablespoonful flour. Let them come to a boil. Add one cupful milk, two tablespoonfuls of mushroom liquor, one-half teaspoonful of salt, one-fourth teaspoonful of white pepper, a pinch of cayenne, and juice of one onion. Cook all together five minutes, add the yolks of three eggs and two tablespoons of cream. Do not let the sauce boil after the yolks have been added. When the sauce commences to thicken, remove and set away to cool. When cold, add it to the fish. Rub all well together and put on ice for half an hour. Then add half a pint of whipped cream. Butter your mould, decorate it with truffles. Put on ice to harden, so the decoration will be firm on mould. Fill the mould with fish, giving it a few knocks on the table to settle the forcemeat. Thirty minutes before serving put your mould in a pan, pour hot water halfway to mould, put a buttered paper on top, and poach in a moderate oven until firm to the touch. When ready to serve, dip your mould in cold water, lay the dish you are going to serve it in on top of mould. Turn very gently and lift off the mould. Serve with Martinot sauce in centre or in sauce-boat.

Baked Salmon Trout

Carefully clean, wash, and thoroughly dry a fresh salmon trout. Spread it full length, head and tail included, in a baking pan, with just enough water to keep it from scorching. If a very large one, score the backbone, but be careful not to mar the sides. Bake very slowly in a moderate oven, basting often with butter and water. When it is done, remove to a hot dish. Have ready in a saucepan a cup of cream diluted with a few spoonfuls of hot water, and mix carefully with two tablespoons of melted butter and a little finely chopped parsley. Heat this in a pan with boiling water underneath it. Add the gravy

from the pan the fish was cooked in. Boil up once to thicken. Pour this sauce around the trout or serve in a separate dish. Garnish the fish with sprigs of parsley. The fish should have almost the same colored spots as when uncooked. If necessary, season with a little salt.

Broiled Shad à l'Abbé with Herb Sauce

Get one large roe shad and an extra shad roe. Prepare the fish for broiling, taking the roe and keeping it with the other until wanted. Remove the bone of the fish, clean nicely, wash and wipe dry. Make small incisions on both sides of the fish and soak it for one hour in a dish with salt, pepper, olive oil, and lemon juice. See that it soaks on both sides. Drain, sprinkle with bread crumbs, and broil slowly for one-half hour. See that your broiler is well greased. Make eight pieces out of your roes and also have eight large oysters. Dip them in beaten egg and roll in bread crumbs and fry in hot fat until a nice brown. Dish up the shad, surround with roes and oysters, and serve with an herb sauce.

Herb Sauce

Place two chopped shallots in a saucepan with a little butter, salt, white pepper, grated nutmeg, and a glass of white wine. Boil until it is reduced one-half. Add half a pint of velouté sauce and boil a minute. Thicken with three egg yolks and as much water as you have egg yolks, mix water and yolks together, and stir without boiling. Then add carefully four ounces of butter in small bits, stirring all the while. Finish with chopped parsley and lemon juice.

Planked Shad

Have a hardwood board about one inch and a half thick. Split the shad as for broiling, tack it on the board, skin side down, and roast before the fire until done. Every once in a

while rub it with a little butter. Before placing the shad on the board, see that the board is well seasoned and heated, else the fish will have the flavor of the wood. When cooked, place it on a hot dish, season with salt and pepper, cover with small bits of butter, and serve with lemon cut in quarters.

Baked Shad Roe

Pare the roes of four large shad, sprinkle a baking dish with chopped onion, parsley, and mushrooms. Add the roes, strew over them more onion, etc., with salt, pepper, a little nutmeg, and small bits of butter. Moisten with a little white broth and two glasses of white wine. Let all cook and boil in the oven, basting occasionally, for twenty minutes. Drain and thicken the liquid with one tablespoonful of flour kneaded in butter. Pour this over the roes, sprinkle with fine bread crumbs, put small bits of butter on top, and bake in brisk oven ten minutes longer. Press lemon juice over and serve in the baking dish. The above is enough for eight persons.

Shad Roe Cromeskies

Wash thoroughly in cold water the roe of a shad and remove the skin hanging to it. Wipe it well and cut it in pieces of a size to wrap well in thin slices of bacon. Rub the pieces of shad with salt and pepper. Lay them in the slices of bacon, wrap the bacon round, and tie with fine twine. Have care that the bacon is not too thick. Drop each piece in deep hot fat and fry a light brown. Garnish with parsley and serve with a piquant sauce.

Roast Shad with Sauce

Have a large roe shad, scale, draw by the gills, cleanse nicely, and wipe dry. Make small crosswise incisions on both sides. Put the fish on a dish to soak for one hour with salt, pepper, olive oil, lemon juice, chopped parsley, chives, and

thyme. Be sure to turn and press it often so it will absorb the seasoning. Put on the *spit or on a long skewer, if to roast in the oven*, wrap in double oiled paper, making it secure by pressing down a shorter skewer along each side and tying at each end. Then roast before the fire, or in a moderate oven for forty minutes. Remove the paper, brown a nice color. Place on dish, pour sauce round it, and serve.

Shad Sauce

Four shallots, chopped very fine. Put them in a saucepan with two ounces butter and four tablespoonfuls of white wine vinegar. Let it boil down to half the original quantity, then add one pint velouté sauce. Boil a little longer, add finely chopped parsley, tarragon, and about four ounces of butter in small bits. Mix thoroughly.

Boiled Brook Trout (hot)

Scale and prepare four large trout. Pour over them two breakfast cups of boiling vinegar, which will turn the meat blue, two breakfast cups of white wine, and enough water to cover them. Add one onion with three cloves stuck in it, one carrot, half a bunch of celery, four or five bay leaves, one small bunch of parsley, one teaspoonful of peppercorns, and salt to suit the taste. Boil all together for fifteen minutes in a covered saucepan. When done remove the fish, drain them, place them on a folded napkin spread on a dish. Garnish with parsley. Serve with any fish sauce, or with oil or vinegar.

Boiled Brook Trout (cold)

Clean four or more small trout. Place them in a saucepan with enough claret to cover them. Add a slice of lemon, two whole cloves, four whole peppers, a little bit of mace, and a heaping saltspoon of salt. Let it cook and simmer very slowly

for three-quarters of an hour. Remove from the fire, and when cold take out the fish. Place them in a dish and pour the boiled wine over them. Serve at once.

Broiled Trout

Scale and clean a trout. Wash and dry it well. Gash it across the back, and in the openings put some butter which has been seasoned with finely chopped chives and parsley, a little lemon juice, and thyme. Put the trout in a dish, season with a little salt and pepper and olive oil. Let it soak for about half an hour. Remove from the dish. Sprinkle with bread crumbs mixed with a few chopped herbs and then arrange on a well-greased gridiron. Broil over a clear fire for fifteen minutes or so until it is done. Turn the gridiron often and be sure not to burn the fish. Place on a hot dish and serve with any desired sauce in a separate dish.

Fried Trout, Mountain Style

Clean and wash a trout weighing a quarter or half a pound. Dry it thoroughly. Cut some salt pork in small pieces and place in a frying pan. When the fat is tried out, remove the pork. Rub the inside of the fish with a little salt. When the pork fat is very hot, place the fish in the pan. Turn it two or three times. Serve on a very hot dish. If you have a little fresh butter, a little may be put on the fish, but avoid sauces and condiments.

Baked Brook Trout, with Forcemeat

Select trout weighing a pound or more. Open them just enough to clean them properly, removing the gills and leaving the heads on. Wash and dry them thoroughly, and fill the cavities with the following forcemeat: Half a pint of bread crumbs soaked in a little milk, squeezed dry, and mixed with two ounces of good butter, one saltspoon of salt, one-half a

saltspoon of white pepper, juice of quarter of a lemon, a little sprig of thyme, and the yoke of one raw egg. Mix thoroughly. Sew up the openings. Place the fish in a pan; on top of each one place small bits of butter which have previously been rolled in flour. Place in the oven with the backs toward the hottest part. They should cook in twenty or thirty minutes. Sometimes it takes longer, for it depends upon the heat of the oven.

Fillets of Sole à la Vénitienne

Take the fillets of four soles, trim and place one-half of them in a saucepan with some clarified butter, a little lemon juice, white pepper, and salt. Let them simmer slowly for ten minutes. Simmer the other fillets without trimming them in the same manner. When they are done, drain them and set away to cool. Cut the untrimmed fillets into small dice. Mix them with some thick Allemande sauce, two ounces of grated Parmesan cheese, white pepper and salt to taste, and a dash of grated nutmeg. Spread this preparation about one-sixth of an inch thick on an earthen dish, and when it has become firm cut it into pieces about the size and shape of the fillets. Roll them in fine bread crumbs, then in beaten egg, and then again in bread crumbs. Just before serving warm the fillets, fry the croquettes in hot lard, drain both on a piece of brown paper. Arrange them in a close circle, placing alternately the croquettes and the fillets. Fill the centre with small fish forcemeat balls, fried in hot lard. Pour some Vénitienne sauce in the centre and on the fillets and serve.

Sole Normande, with Sauce

Butter a tin very quickly. Boil some onions in water to remove the strong flavor, then slice them very thin and lay them on the butter. Place the sole on them. Put over it salt, pepper, and nutmeg to taste, also some chopped parsley.

Add the juice of one lemon and as much white wine as will cover it. Place them in a slow oven for thirty minutes. Baste the sole with its own liquor very often, and add more butter if required. Serve with fried bread sippets and a sauce made from the gravy in which the fish has been cooked.

How to make the Sauce

Melt a tablespoonful of butter in saucepan and add a tablespoonful of flour. Strain the gravy from the pan in which the fish has been cooked. Add a full cup of it to the butter and flour. Let it come to a boil, then cook five minutes. Season to taste, add one-half cup of rich cream. Serve *very hot* in sauce-boat.

Fillet of Sole

Take two soles, divide them from the backbone, remove the heads, fins, and tails. Sprinkle the inside with pepper, salt, and the juice of half a lemon. Roll in the shape of a corkscrew, then roll them in egg, then fresh bread crumbs, then in egg, and bread crumbs again. Fry in hot fat and serve on a napkin. Garnish with lemon baskets filled with Tartare sauce and sprigs of parsley.

Fillet of Sole

Cut off the head and tail of a large flounder and set away for future use. Cut off the fillets from the fish and bake them in the oven for ten minutes and set them away to cool. Then make a purée of mushrooms in the following way: Peel and chop fine one pound of mushrooms, melt one ounce of butter, add one ounce of flour, and let them come to a boil. Then stir in one-half cup consommé, half a cup of cream, and the mushrooms, and boil for five minutes. Then set the mixture away to cool. Make a forcemeat of halibut or any kind of fish desired. Now lay the fish fillets on a platter, cover each one with the mush-

room purée, and then with the forcemeat. Put the head and tail in place. Set the platter in a pan of hot water and bake in a moderate oven for ten minutes. Remove carefully to a platter, garnish with parsley, and serve with Hollandaise sauce.

Chartreuse of Fish à la Hauraise

Take some nice fillets of sole, put them on a buttered baking tin. Season them with salt, pepper, and a little lemon juice. Cover them with a thick buttered paper and cook them in a moderate oven for six or eight minutes. Then take up the fillets and put them to press until cold. Cut them out with a plain round cutter, ornament half of them with coral (lobster's), and the other half with tarragon and parsley and truffle. Set the garnish with a little liquid aspic jelly. Line the Chartreuse mould with aspic jelly and arrange the rounds of sole all over the mould. Set this with aspic, just enough to make the garnish firm, and in the centre place the following mixture: —

Take about half a pint of picked shrimps or lobsters, cut in dice shapes, two peeled tomatoes, four artichoke bottoms (cooked and cold), and twelve small raw oysters. Add seasoning and red pepper and trimmings of sole. Mix all with half pint of liquid aspic jelly and two large tablespoonfuls of thick Mayonnaise sauce. Stir all together on ice till it begins to set, then pour into the mould as directed. Let it stand an hour or more, turn out on stand, and garnish with jelly.

Baked Sardines

Remove the skin from twelve large sardines. Put them on a dish and heat them through. Put the oil from the sardines in a saucepan, and when it comes to a boil, stir in one cupful of water, then add one teaspoonful of Worcestershire sauce, salt and pepper to taste. Remove from the fire, and stir in

the beaten yolk of one egg, one teaspoonful of vinegar, and one of mustard. Serve the fish very hot, with this sauce poured over them or in a separate dish.

Broiled Smelts

Split and clean as many smelts as are required. Select large ones. Remove the backbone, rub each one with olive oil, and season with a little salt and pepper. Grease the broiler, arrange the smelts on it, and broil on each side for two or three minutes. Serve with a Béarnaise sauce.

Fried Smelts à la Parisienne

Wash the smelts thoroughly, cut down the back, and take the bone out a little below the head and just above the tail. Clean well and cut away the fins and gills. Dry well and flour them. Roll them up by putting their tails in their mouths and fastening them with a little wooden skewer. Set away in the ice-box. Have your oil or fat very hot. Fry, a few at a time, until a nice brown. Keep in warm place until all are fried, then let your oil get very hot. Put all in your frying basket, plunge into your hot fat. They will swell up and be a beautiful brown and crisp. Boil the number of eggs required, allowing one-half for each person. Take out the yolks and put the whites in cold water. Make a Tartare sauce. When ready to serve, fill each half egg with Tartare sauce and put round the fish. Put a bunch of parsley between each egg. Serve the fish very hot.

Baked Smelts

Line a well-buttered flat baking dish with forcemeat and arrange the smelts on it. Sprinkle with finely chopped parsley and mushrooms, season with salt, pepper, and a little grated nutmeg. Cover with velouté sauce, which has one glass of white wine mixed with it. Then sprinkle with bread crumbs

and pieces of butter, and bake in hot oven for twenty minutes. When cooked sprinkle with the juice of a lemon and serve in the baking dish.

Stuffed Smelts

Remove the fins from two dozen large smelts. Clean them without splitting them and stuff with a fish forcemeat — a paper cornucopia must be used. Place the fish on a well-buttered dish, cover them with one pint of Italienne sauce, and bake in a hot oven for ten minutes. Squeeze some lemon juice over them and serve in the same dish.

Smelt Croquettes

Select as many medium-sized fresh smelts as you desire to serve. Clean and prepare them as you would for broiling, removing backbone, dry them, and set in cool place. Boil one pound of halibut, pound it fine, then add a little Sherry, white pepper and salt to taste. Beat in enough cream sauce to enable you to form the mixture into small croquettes. Roll a smelt around each one, fastening it by sticking the head through the tail. Roll in beaten egg and fine bread crumbs and fry in hot lard. Drain on thick brown paper. Arrange a lemon basket in the centre of a dish, around it place the smelts and garnish border with half of the whites of hard-boiled eggs, each filled with Tartare sauce.

Turbot à la Crême

In place of turbot either bass or codfish will answer. Boil with plenty of salt, remove the skin and bones, and flake it. Boil one quart of cream, and while boiling stir in three tablespoons of flour, perfectly smooth, and add a bunch of parsley and one onion. Take out both vegetables. Clarify a quarter of a pound of butter and add to the cream after it is boiled. Butter a deep dish, and put in first a layer of fish, then one of

sauce, alternating till the dish is filled, making the sauce come on top. Strew over a layer of sifted bread crumbs and bake one hour. Garnish the dish with chopped eggs or parsley.

Fried White-bait

Wash the fish by putting them in a colander and running the water over them. Drain them well and soak in milk for thirty minutes. Drain and wipe dry. Dredge with flour and roll in crumbs. Set in ice-box until wanted. Have some hot olive oil or clarified drippings. Put in wire basket a handful at a time and as soon as they rise they are done, which will be less than one minute. Continue frying till all are done, keeping the fried ones hot. When all are fried let the fat get very hot, put all of them in wire basket and plunge in fat for a minute or two. Take out, dredge with salt, and serve very hot with Tartare sauce. Brown bread is always served with this fish.

Baked Whitefish

Season some fillets of whitefish with salt and white pepper. Dip them in beaten egg, then in bread crumbs, then in egg, then in bread crumbs again, and lastly in beaten egg. Heat a good-sized lump of lard in a baking dish, add the fillets, and bake in the oven for twenty-five minutes. Have them baked a light brown. Drain thoroughly, serve on hot dish with fried parsley as a garnish, and serve cream sauce with finely chopped parsley in a separate dish.

Eels fried in Batter

Cut a large eel weighing about two pounds in quite thick slices. See that it is clean. Place in a basin with a little salt and pepper and some vinegar. Let the pieces soak for several hours. They must be turned occasionally. Drain thoroughly, then dip in batter and fry in hot fat. When a nice brown, drain on paper and serve very hot with a brown or tomato sauce.

Baked Eel with Tartare Sauce

Skin two fat eels, each weighing about one and a half pounds. Cut off the fins, heads, and tails. Clean them thoroughly and tie them together so as to shape them on a round platter. Wrap them in a wet cloth and cook slowly in court bouillon for fifteen minutes. Set aside and let them cool in the liquor. Season about one pint of fine bread crumbs with one teaspoonful of salt, one saltspoonful of pepper. Carefully remove the cloth from the fish, wipe dry, and cover them with the bread crumbs. Then spread them with a mixture of two well-beaten eggs and one tablespoonful of olive oil. Sprinkle once more with bread crumbs. Place them in a baking pan, being particular to keep the circular shape. Add two and a half tablespoonfuls of butter. Bake in moderate oven for half an hour. Baste them three times. Place on a circular dish. In the centre place green peppers filled with Tartare sauce after you have removed the core and seeds from peppers, soaked them in cold water, drained thoroughly, and then filled them with the sauce.

Canapés of Meat or Fish

Toast six pieces of bread and cut them in good-sized squares. Beat the whites of four eggs to a stiff froth, put them in a pastry bag, and then make a border round each piece of toast. Bake in quick oven till light brown. Fill in the centre with creamed fish or finely minced creamed meat and serve very hot.

Canapés à la Prince of Wales

Take six prawns, six fillets of anchovy, one head of white celery, two gherkins, and two truffles. Cut all into small square pieces about the size of a large pea. Put them into a bowl with enough Prince of Wales sauce to season them thoroughly. Pour nice clear aspic jelly in the bottom of some

china cases, then put in the mixture. Pour some more jelly on the top and set it aside to jell. When wanted, unmould on a platter which has nice white lettuce leaves around the edge. Set individual moulds in the centre and garnish with chopped aspic.

Fricassee of Oysters

Select thirty medium-sized oysters. Place them in their own liquor on the stove and let them come to a boil. Skim them and pour in a strainer. Heat one tablespoonful of butter, add two tablespoons of flour, mix thoroughly, and then stir in the oyster liquor and half a pint of cream. Season with white pepper, a dash of cayenne, and salt. Beat thoroughly the yolks of two eggs with the juice of half a lemon. Stir into the sauce. Then add the oysters and serve very hot.

Fried Oysters

Select large oysters, clean, and parboil slightly to draw out some of the water. Drain and dry on a towel. Roll in fine bread or cracker crumbs, dip in mayonnaise dressing, then in crumbs again. Let them stand five minutes, and if they seem moist, dip again in crumbs, and cook in deep hot fat for one minute. Being already cooked, they only need to be thoroughly heated and the crumbs browned.

Scalloped Oysters

Clean one pint of medium-sized oysters. Moisten one teacup of cracker crumbs with one-third of a cup of melted butter. Spread one-fourth of the crumbs in a baking dish, over them put one-half of the oysters, season with salt, white pepper, and lemon juice. Then spread another quarter of a cup of the crumbs, then the remaining oysters. Season again with salt, pepper, and lemon juice, and cover with the remaining crumbs. Bake in quick oven until the liquor bubbles and the crumbs are brown.

Stuffed Oysters

Have at hand twenty-eight large oysters and some chicken forcemeat prepared as follows: Scrape and pound the breast of an uncooked medium-sized fowl, then rub it through a purée sieve. Mix one-quarter of a cup of cream or milk with one-eighth of a cup of fine bread crumbs. Cook them slowly until they form a smooth paste. Then add the chicken, the white of one egg, one tablespoonful of butter, one-half teaspoonful of salt, a bit of white pepper. Mix all together thoroughly and set away to cool. Dry the oysters thoroughly and season them with salt and pepper. Roll them in bread crumbs. Arrange the forcemeat in half as many pieces as you have oysters and at a corresponding size. Place a piece on fourteen oysters, cover with the remaining oysters. Press them together so they will stick. Take one whole egg and the yolk left from the forcemeat. Beat it well, season with a little salt. Dip each oyster in the egg, then roll them in bread crumbs. Have them well covered with egg and crumbs. Fry in hot fat until a good color. Drain on brown paper and serve very hot with Madeira sauce in a separate dish.

Broiled Oysters

Drain on a towel as many large oysters as are required. Dip them in melted butter, then in cracker crumbs which have been seasoned with pepper and salt. Lay them on a well-buttered fine broiler and broil until slightly colored.

Oyster Croquettes

Cook slightly one quart of oysters in their own liquor. Make a sauce as follows: Heat two tablespoonfuls of butter, stir in two tablespoonfuls of flour, then stir in one-half cup of cream and some of the oyster liquor. Cook until the mixture is a thick sauce. Season with a few drops of Sherry, salt, white

pepper, and a dash of cayenne. Chop the oysters very fine and add to the sauce. Set away to cool. When cold, shape into croquettes, roll in beaten egg, then in fine bread crumbs, and fry in hot fat. Drain on heavy brown paper. Serve with cream sauce in a separate dish.

Oyster Croquettes

Boil two quarts of oysters, with a little broth, pepper, *very* little ground mace, and two ounces of butter, for two minutes. Then drain on a sieve. Cool them a little and save the liquor. Then slice the oysters — *do not chop them.* Mix two ounces of butter, one ounce of flour, and one tablespoonful of chopped shallots. Cook them until slightly browned, then add one-half pint of the oyster liquor. Stir and boil five minutes. Then add the beaten yolks of four eggs, the sliced oysters, a little chopped parsley, and a dash of red pepper. Stir constantly and boil three minutes longer. Then stir in the juice of one lemon and set away to cool. When cold, divide the mixture into pieces the size of an egg, roll them in pulverized crackers, and with the blade of a knife give them a rectangular shape about one inch thick. Dip in beaten eggs, then in crackers again, and fry a light brown in plenty of clear hot lard. Dish up on a folded napkin, garnish with fried parsley and quartered lemons, and serve.

Oyster Croustades

Take six nice pieces of butter the size of an egg. Shape them a little wider at one end than the other. Roll them thickly in bread crumbs, then in the beaten yolks of three eggs, then again in bread crumbs. Set them on ice for half an hour. When cold, drop them, one by one, in boiling fat and fry until a delicate brown. With a sharp knife, take off the tops. Let the butter run out, and fill each one with creamed oysters. Garnish with parsley and serve them very hot.

Creamed Oysters for Croustades

Cook for two minutes one ounce of flour and one ounce of butter. Stir in one-half cup of milk and two tablespoonfuls of mushroom liquor. Let the mixture come to a boil, then add one-half cup of cream, one-half teaspoonful of salt, a dash of cayenne, and a little nutmeg. Wash one quart of medium-sized oysters, cutting out the hard part. Stir them into the sauce. Let them come to a boil or until they begin to curl. Fill each croustade with the mixture and serve very hot.

Oyster Patties

Work one ounce of butter and one tablespoonful of flour into a smooth paste. When warm, add a little ground mace, salt, and cayenne. Gradually stir in three tablespoonfuls of cream. Boil for three or four minutes. Then pour in the strained liquor of two dozen small oysters. Lastly, add the oysters. Stir for a few minutes and fill patties prepared as follows: Line some patty pans with thin puff paste, fill with rice so they will keep their shape, cover the top with another piece of pastry. Bake in brisk oven. When baked, take off the top, empty out the rice, fill with the oysters, which have been kept warm, replace, cover, and serve.

Pigs in Blankets

Have at hand oysters, salt, pepper, sliced fat bacon. Clean, and season some nice large oysters with salt and pepper. Wrap each oyster in a slice of thin bacon, pinning it with a toothpick. Cook them until the bacon is crisp.

Curried Oysters

Cook one quart of oysters over a slow fire in their own juice. If the juice is not sufficient to cook them, add a little water. Add also a tablespoon of butter, a teaspoon of curry powder, and salt and pepper to taste. When the oysters are

firm, stir in one tablespoon of flour moistened to a paste with water. Stir carefully and thoroughly while the liquor thickens.

Cromeskies

Have at hand thirty-five oysters, an equal quantity of cooked chicken, three or four mushrooms, two teaspoons of cream, three eggs, some frying batter, some slices of very thin and fat bacon, and some parsley. Scald the oysters in their own liquor. Remove the hard part, also the black edge or beard as it is called. Cut the part remaining into small pieces, also cut the chicken and the mushrooms very fine. Make a cream sauce, add the liquor the oysters were scalded in, and boil until it is very thick. A little cream, if you have it, could be added. Mix it with the oysters, chicken, and mushrooms, stir in the yolks of three eggs, stir it over the fire for three or four minutes. Spread the mixture on a dish and set it away to cool. When thoroughly cold, roll into pieces about the size and shape of a good-sized cork, wrap each one in a very thin slice of bacon. Dip each one in batter and fry in hot lard. When a nice brown, drain on brown paper and serve on hot plate with a garnish of fried parsley.

Oysters à la Lincoln

Line as many cases, — metal, paper, or china, — as desired with veal forcemeat for fish. Poach one quart of medium-sized oysters in their own liquor with one gill of white wine. When cooked, drain, and pare them. Cut them in half-inch-sized pieces and fill each case with these. Chop some raw mushrooms and fry them for a few minutes in a little butter and place them on top of the oysters. Cover with velouté sauce, which has been mixed with the oyster liquor and then boiled down. Cover then with another layer of forcemeat. Brush each one with melted butter. Bake on tin sheet in a slack oven for fifteen minutes.

Pickled Oysters

Place one hundred good-sized oysters in porcelain-lined kettle, strain the liquor and add also eighteen cloves, half a nutmeg grated, one teaspoonful of allspice, four blades of mace, a little cayenne pepper, one teaspoonful of salt, and two tablespoonfuls of strong vinegar. Stir all thoroughly with a wooden spoon. Put over a slow fire. Take off the fire several times and stir them thoroughly. Just as soon as they come to a boil, pour them in a porcelain-lined pan. Let them stand in a cool place. They will be ready to serve the next day.

Clam Cocktail

Open twelve small clams carefully and place the clams and their juice in a basin to allow any sand or shell to settle, then carefully remove them to another bowl and place them on ice. When they are thoroughly chilled, add sufficient catsup to fill four glasses about as large as claret glasses, one small teaspoonful of grated horseradish, three shakes of Tabasco sauce, one tablespoonful of vinegar, and the iced clams. Sometimes one-half teaspoonful of grated onion is added. Serve very cold.

Oyster Cocktail

Place six very small and thoroughly chilled oysters in a glass that will hold as much as a claret glass. To each glass add two drops of Tabasco sauce, one teaspoonful of Worcestershire sauce, one dessertspoonful of catsup, and a little lemon juice or vinegar. Serve very cold.

Soft Clams à la Newburg

Select forty-five good-sized soft clams. Open them and see that they are free from sand. Take each one separately and with the fingers separate the body from the neck. Take care not to break the body. Reject all the rest. Put them

in a saucepan with two ounces of butter, a little white pepper, a wineglassful of Sherry, and two medium-sized truffles cut in fine pieces. Cover them and cook slowly for eight minutes. Mix the yolks of three eggs and one pint of cream, beat for three minutes, and pour over the clams. Shake the saucepan gently for three or four minutes. Do not let the mixture boil and do not stir it. Pour into a hot dish and serve at once.

Baked Soft-shell Clams

Select as many soft-shell clams as are desired. Be sure to get very large ones. Scrub the shells clean. Then remove the string and loosen the clam from the shell, leaving it as nearly whole as possible. Season each clam in its shell with pepper and a little butter. Then place a very thin slice of pork over each one and replace the other half of the shell. Set them in a pan and bake in a moderate oven until thoroughly steamed.

Clam Croquettes

Drain thoroughly and cook two quarts of opened clams until tender with an ounce of butter, a little broth, white pepper, and ground mace — mace may be omitted. Drain again in a colander. Save the liquid and chop the clams fine. Fry a scant tablespoonful of chopped shallot in two ounces of butter until slightly brown and add one ounce of sifted flour. Mix well and then stir in one pint of the liquid you have saved. Stir and boil five minutes. Then add the yolks of four eggs, a dash of red pepper, the chopped clams, and a little finely chopped parsley. Stir constantly and boil two minutes. Add the juice of one lemon. Turn on a dish to cool. Form the mixture into sixteen oblong pieces. Dip in beaten egg, then in cracker crumbs, and fry a light brown. Drain on a brown paper. Serve with a garnish of fried parsley and quartered lemon.

Fried Soft-shell Crabs

After cleaning the desired number of crabs, season with salt and pepper, dip in beaten egg, then in fine bread crumbs. Drop in hot fat and cook until crisp and colored a nice brown. Drain and place on hot dish, garnish with sliced lemon and parsley. Serve with Tartare sauce or any fried fish sauce desired.

Timbale of Crabs

Cook one dozen hard shell crabs in boiling water with one onion, a bunch of parsley, a head of lettuce, six peppercorns, blade of mace, two cloves, one bay leaf, and one tablespoonful of salt for ten minutes. Do not boil hard as it toughens the meat. Remove the crabs and set them on a wooden dish to cool. Pick out the meat from the body and claws. Pound well in mortar and rub through purée sieve. Measure your crab meat. There should be one-half pint, good measure. Mix with the meat the well-beaten whites of two eggs. Set away in cool place.

Make the following sauce: One tablespoonful of butter and one of flour. Let them come to a boil. Add one-half cup of milk and one-half cup of the liquor the crabs were cooked in, one-half teaspoonful salt, one-fourth teaspoonful white pepper, and a good pinch of cayenne. Cook for a few minutes, then stir in the yolks of two eggs, and set away to cool. When cold, add the sauce to the fish with half a cup of whipped cream, measured after the cream is whipped. Set on ice for a few minutes. Decorate some small timbale moulds with lobster coral or truffles. Put your forcemeat in, giving it a few knocks on the table to settle forcemeat. Set in ice-box for half an hour. Place the mould in a pan of hot water and cook in the oven for fifteen or twenty minutes or until the forcemeat is firm. Unmould each timbale on a round piece of toast and garnish with the claws and parsley. Put a tablespoonful of Béchamel sauce on each mould and serve the rest in a sauce-boat.

Crab Farcie with Tomato Sauce

Take the meat of two crabs to every shell and mix with two and one-half medium-sized slices of bread which have been soaked in bouillon. (Water will do if you have no bouillon.) Press out dry and add one tablespoonful of melted butter, one teaspoonful of dry mustard. Pepper and salt to taste and moisten all with one-half cup of tomato sauce.

Tomato Sauce

One-fourth of a can of tomatoes, one white onion cut up and fried a little in two tablespoonfuls of butter, one-half teaspoonful of beef extract, which has been diluted in a little water, four cloves of garlic, salt and pepper to taste, and finally one teaspoonful of corn-starch, dissolved in water.

When the farcie is ready, fill the shells and sprinkle bread crumbs on top; add a small piece of butter. Place in the oven until thoroughly heated.

Crab Canapés

Remove all the meat from eighteen hard-shell boiled crabs. Place on a plate, season with a teaspoonful of salt and half a saltspoonful of cayenne. Fry one finely chopped onion in one ounce of butter over a moderate fire for about two minutes, add two tablespoonfuls of flour, and cook two minutes more, then pour in one gill of broth and cook slowly for five minutes. Stir all the time it is cooking. Add the crab meat and cook all for fifteen minutes, stirring occasionally. Remove and set away to cool. Mix one tablespoonful of butter and one tablespoonful of flour and cook over a moderate heat for three minutes. Add two ounces of grated Parmesan cheese and two ounces of Swiss cheese, stirring them well together until melted. While it is cooling, cut six good-sized slices of bread about one-quarter of an inch thick, trim off the crust and fry, until a light brown,

in a little fresh butter. When cool, spread each slice with a layer of crab meat about one-quarter of an inch thick. Divide the cheese mixture in six equal portions. Shape each into a ball and place in the centre of the crab meat. Put all on a dish and bake in a hot oven for five or six minutes. Serve in the same dish they were in while cooking.

White House Canapés

Chop a medium-sized shallot and fry it lightly without coloring in two ounces of butter. Add a tablespoonful of flour and stir in a pint of cream. Then add one pound of crab meat, salt and pepper, and leave on the fire until it has just begun to bubble. Cut slices of bread one-quarter of an inch thick, trim in any desired shape, either round, oval, or square, and toast on one side only. Put your ingredients on the toasted side of the bread after buttering it with a butter prepared as follows: Mix well together one-quarter of a pound of butter and one-half pound grated Parmesan cheese, and season with red and white pepper. Put the canapés on a buttered dish and slightly brown in the oven.

Creamed Shrimps baked with Green Peppers

Select twelve even-sized green peppers, remove the stems and seeds, and soak in cold water for three-quarters of an hour. Drain them and stuff with the following mixture: Cream two tablespoons of butter and thoroughly mix it with a quarter of a teaspoonful of pepper, one teaspoonful of mixed mustard, one-eighth of a teaspoonful of celery seed, and one beaten egg. When mixed, stir in one cupful of fine bread crumbs. Then add one quart of shrimps. Should the shrimps be fresh, — not canned ones, — you will need to season the sauce with salt. Fill each pepper with the mixture, sprinkle with fine bread crumbs and a piece of butter, and bake in quick oven for fifteen minutes.

Creamed Shrimps

The yolks of two eggs, one teaspoonful of anchovy sauce, half a cup of cream, one bottle of shrimps, some slices of toast. Mix in the chafing dish the yolks of the eggs with the anchovy sauce and cream. Put in the shrimps and let them get thoroughly heated, not allowing the eggs to curdle. Serve on strips of toast.

Fried Scallops

Wash and dry the necessary amount of scallops. Season them with salt and white pepper. Roll them in fine bread crumbs, then in beaten egg, and again in bread crumbs. Arrange in frying basket so they do not touch each other and plunge in a kettle of boiling fat. Cook until a delicate brown and serve with Tartare sauce.

Scallop Fritters

Wash and drain one quart of scallops, season them with salt and white pepper, and mix them with the following batter: One pint of sifted flour, a scant half-pint of milk, one tablespoonful of melted butter or oil, one teaspoonful of salt, and two eggs. Beat the eggs briskly, then add the milk. Beat again and pour the mixture on the flour. Then add the butter and salt. Stir in the scallops. Drop a spoonful at a time of the mixture into boiling fat. Cook until a nice brown. Drain on brown paper and serve very hot.

Devilled Scallops

Put one quart of scallops in a saucepan and heat in their own liquor just to the boiling-point. Drain, save the liquor, and chop them rather fine. From one-half of a cup of butter remove one tablespoonful. Beat the contents of the cup to a cream, and add one teaspoonful of salt, one-eighth of a teaspoonful of cayenne, and one teaspoonful of made mustard. Beat thoroughly and mix with one cupful of white stock — have it

hot. Stir the chopped scallops and their liquor into this sauce and let them stand for half an hour. At the end of that time put them in an escalop dish or shells. Sprinkle with the crumbs, dot with the tablespoonful of butter, and bake in a moderate oven for twenty minutes.

Broiled Lobster with Sauce

Select as many chicken female lobsters as desired. Split them open and remove all the fat and coral. Set aside for the sauce. Brush the meat of the lobster with melted butter, and broil over a clear fire. When cooked, place on a platter and pour a little melted butter over each lobster. Set in oven for five minutes, then serve with the following sauce: —

Sauce for Broiled Lobster

The quantity of sauce depends upon the number of lobsters you have. Mix salt, white pepper, oil, and vinegar, the same as for a plain French dressing, but do not have it quite as strong of the vinegar. Add dry mustard to taste, and the coral and fat of the lobster. Stir constantly over the fire until it comes to a boil. When served it should be as thick as a cream.

Stewed Lobster

Boil four medium-sized lobsters in salted water and a generous portion of vinegar. Remove the meat, cut in slices, and arrange in the serving dish. Cover with another dish and keep warm. Make a paste of two ounces of cracker crumbs, six ounces of melted butter, add white pepper, a dash of cayenne, and some chopped parsley. Boil three tablespoons of beef extract with glass of Sherry, gradually stir in the crackers and butter, also the fat of the lobster which has been rubbed through a sieve. Stir in two tablespoons of vinegar. Do not let the mixture boil after the crackers and butter have been added. Mix well and pour over the lobster. Serve immediately.

Should the sauce curdle, add a teaspoonful of water and stir with an egg-beater.

Lobster à la Brooklyn with Sauce and Hominy Croustade

Cook two medium-sized lobsters in court bouillon for twenty-five minutes. When cold, cut the shell with sharp scissors, from the head down, taking care not to crack the shell. Have the head and shell joined. Take out the tail and remove the small black vein which runs the entire length. Also remove the small sac at the extreme end. Crack the claws carefully. Take the meat and fat from head, and be sure to remove "the lady in the lobster." Remove the coral — should there be any — and set aside for further use. Place the shells and claws in cold water, and make the following forcemeat: Put the lobster through a meat machine. To every cup of lobster have one-half cup of bread crumbs, grated very fine, two tablespoons of white sauce, half a cup of cream, one Sherry glass of Madeira wine, and salt and white pepper to taste. Mix all together thoroughly. Fill the shells, dust over with bread crumbs and minute pieces of butter. Bake in moderate oven until a delicate brown. Place on a croustade of hominy, garnish with the claws, and serve with sauce made as follows: —

Sauce for Lobster à la Brooklyn

Melt one ounce butter, add one tablespoonful chopped onion, and cook for five minutes. Do not let the mixture brown. Stir in one tablespoonful flour and cook for two minutes. Add half a pint of white stock and cook until it thickens. Remove and strain through a fine sieve. Season to taste and add two wineglasses of Sherry. Serve very hot.

Hominy Croustade

Place one cup of hominy, one quart of water, and one teaspoonful of salt in a saucepan over the fire. Stir well to free it from

lumps and cook for two hours. While hot, pour it into mould, about one inch deep and the desired size to accommodate the lobsters. Be sure to wet the mould with ice-water before pouring in the hominy. When cool, turn it out on platter it is to be served on. When it is to be warmed, stand the dish over a pan of hot water.

Lobster à la Portland

Take off the tails and big claws of three medium-sized live female lobsters. Remove the string which runs through the centre of each tail and cut crosswise in five or six pieces. Crack the claws and place them on a plate. Boil the bodies. Take out the creamy substance and rub it through a sieve with four egg yolks and one-half pint velouté sauce, four chopped shallots, and one bruised clove of garlic. Add two ounces of butter and fry a little without browning. Add the lobster, a bunch of parsley, and pinch of red pepper. Fry a little longer, occasionally tossing the lobster. Add one-half pint of white broth and one-half pint of white wine, and boil fifteen minutes. Remove the bunch of parsley and skim out the lobster. Reduce the liquid, add two ladlefuls of velouté sauce, and the prepared egg yolks. Stir constantly until it nearly boils, add a little chopped parsley and juice of one lemon. Pour the sauce over lobster and serve at once.

Timbale of Lobster à la Maryland

Cook two medium-sized lobsters in court bouillon for twenty-five minutes. Set aside to cool. Break the tail from the head, cut the tail and remove the black vein which runs the entire length, also remove small sac at the end. Remove "the lady" from the head. There is quite a little meat to be found each side near the small claws. Crack the big claws and remove the meat. Cut all the meat into scallops about one-half inch square.

Make a sauce of the following: Boil three eggs until they

are hard, remove the yolks while they are hot, and pound to a paste, add one heaping tablespoonful butter which has been rubbed to a cream. When well mixed, add one heaping teaspoonful flour, half a teaspoonful of salt, and a good pinch of cayenne. Mix all thoroughly and place in a saucepan with half a cup of consommé. Let it boil up, then add one glass Madeira wine.

Add the lobster and let it boil two minutes. Remove and set away to cool. Line a large timbale mould with fish forcemeat, decorate your mould with the coral of the lobster, and put on ice to harden. When firm, pour in the centre your lobster mixture, cover over with forcemeat, and put on ice for one hour and thirty minutes before you want it cooked. Place your mould in a pan of water, cover with buttered paper. Bake in medium oven until forcemeat is firm, from twenty-five to thirty minutes. When done, unmould, serve with Maryland sauce in the centre. Fish forcemeat is made the same as for pompano fillets.

Lobster à la Newburg

Two pounds of lobster meat, one tablespoonful of butter, one-half tablespoonful of flour, one cupful of cream, one teaspoonful of salt, one-fourth of a teaspoonful of cayenne, two tablespoons of Sherry, and the yolks of two eggs. Melt the butter in the chafing dish and then stir in the flour. When well mixed, add the cream gradually, stirring it constantly. When hot and smooth, add the nicest part of the lobster cut into medium pieces. Cook until the lobster is thoroughly heated. Add the salt, cayenne, and Sherry. Then add the beaten yolks of the eggs and serve at once.

Lobster à la Newburg

Take two pounds of boiled lobster and pick all the meat out of the claws. Cut the meat in medium-sized pieces and place

it in a deep saucepan, with half a pint of Madeira and a good-sized piece of fresh butter; season with salt, a little nutmeg, and a very little cayenne pepper. Then cook the whole well together for six or seven minutes, keeping the lid on the pan while cooking. Beat in a bowl a pint of sweet cream and the yolks of two eggs; add to this the lobster. Add also two finely sliced truffles. Pour into a hot tureen and serve very hot.

Lobster à la Newburg

Cut the meat of a lobster weighing two or two and one-half pounds in small pieces and heat in saucepan with two rounded tablespoonfuls of butter. Sprinkle with one-half teaspoon of salt, and a few grains of paprika, and one tablespoonful of Sherry. Pour the yolks of two eggs and one cup of cream over the lobster and stir until thick and smooth. Then add one or two tablespoonfuls more of Sherry, according to taste. Serve at once.

Lobster Timbale

Place two pounds of cooked lobster, half a pound of chicken halibut, and the whites of two eggs in a mortar, pound to a pulp, and then press through a purée sieve. Moisten with one-half cup of Béchamel sauce and half a cup of cream. Beat all together until very light. Season to taste with salt, white pepper, a dash of cayenne, and a little grated nutmeg. Stir thoroughly, then set the mixture away on ice for one hour or more until it cools and stiffens. Then take a small portion, place it in buttered timbale mould, and poach in the oven for about ten minutes. At the end of that time, if not firm to the touch, add the beaten white of one egg to the raw mixture. If too firm to the touch, add more cream to the raw mixture. Then place in buttered mould, cover with buttered paper, and poach in the oven until firm to the touch. Serve with Béchamel sauce, or any other desired.

Lobster Curry

Boil a medium-sized lobster, remove the meat, and cut it in small pieces. Make a sauce as follows: Three ounces of butter, one tablespoonful of browned flour mixed together over the fire, and two small onions cut in very thin slices. Let this cook a minute or two, then stir in one pint of stock, a little salt, the juice of one lemon, and one tablespoonful of curry dissolved in a little cold water. Boil all together until the mixture thickens, then add the lobster. Have it thoroughly heated, and serve at once with boiled rice in a separate dish.

Lobster Cutlets

Pass the meat from a large lobster through a mincing machine. Place it in a stewpan and moisten generously with curry sauce. Let it simmer, stirring frequently, for one-half hour. The sauce should be absorbed. Remove from the fire, stir in two eggs, and pour on a flat dish, as deep as you wish your cutlets thick. When cold, form into cutlets with a medium-sized cutter, flour them lightly, dip them in beaten egg, and cover them thickly with fine sifted bread crumbs. Set the cutlets in a cool place for half an hour and then fry in deep boiling fat. Drain on paper. Garnish each one with a small claw and serve.

Devilled Lobster with Sauce

Boil two medium-sized lobsters in salted water, to which has been added a little vinegar. When cool, slit them and remove the stony pouch and intestine. Pick all the meat, creamy substance, and coral from the body, tail, and claws, chop very fine. Save the large shells, trim them, and arrange in a pan.

In a saucepan put two tablespoons of chopped shallots with two ounces of butter, and fry until they are dry but not brown. Sprinkle one ounce of flour over them, fry a little longer, then stir in pint of broth. Add the lobster, salt, white pepper, a

LOBSTER CUTLETS.

Facing page 140.

MOULDS FOR LOBSTER CUTLETS.

FILLET OF BEEF.

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KIDNEYS ON SKEWERS.

(See p. 178.)

pinch of cayenne, a little Worcestershire sauce, and two handfuls of moistened and pressed bread crumbs. Stir steadily while all boils five minutes, and add the yolks of four eggs, some chopped parsley, and lemon juice. Mix well, fill the eight prepared shells, sprinkle with bread crumbs, put small bits of butter on top, and bake until slightly brown in a hot oven for eight or ten minutes. Arrange on a folded napkin, garnish with quartered lemons and serve with the following sauce in a bowl:—

Sauce for Devilled Lobster

Fry one tablespoon of chopped shallots in one ounce of melted butter until they are slightly brown, add two ladlefuls of Espagnole sauce, one ladleful broth, two tablespoonfuls of mixed mustard, a dash of red pepper, and a little Worcestershire sauce. Stir and boil for five minutes. Press through a napkin and stir in some chopped parsley. Serve hot.

Stewed Terrapin

Select live female terrapins, cover them with boiling water, and cook for ten minutes. Remove from the fire, and when sufficiently cool, scrape the skin and pull out the toe nails. Then cover them with fresh boiling water. Let them boil until they are tender. When cool, break open the shell, remove the meat, liver, and eggs. Be careful not to break the gall sac which is embedded in the liver. Save all the juice that comes from the terrapin while opening it. To each terrapin have one-half pound of butter, one-half pint of cream, salt and pepper to taste. Roll the butter thoroughly in flour, put it in a saucepan with the cream, terrapin, eggs, liver cut in small pieces, and the terrapin juice. Boil steadily for five minutes. Rub the yolks of four hard-boiled eggs with enough Madeira wine to make a paste. Stir this with the

terrapin; scald it, but do not let it boil. Serve in a chafing dish or individual covered dishes. If necessary, add more Madeira wine.

Stewed Terrapin

Select three large diamond back terrapin. Plunge them in boiling water to take the rough and hard skin off. Cook them in slightly salted water. Drain and take out everything from the shells. Remove the head, tail, nails, intestines, lights, and gall bladder very carefully. Put the eggs on a plate and cut the meat in pieces. Put this in a saucepan with four ounces of butter and half a pint of Madeira wine. Boil down until nearly dry. Mix the yolks of six eggs with one pint of cream, a little salt and a pinch of cayenne, six ounces of butter, and the eggs from the terrapin. Stir in the terrapin and stir steadily over a brisk fire until the sauce thickens. It must not boil. Serve immediately with quartered lemons.

Terrapin à la Chamberlin

Put a female terrapin in boiling water for five minutes, to loosen the skin, then take it out, skin it, and replace it in the hot water. When the claws are soft, it is sufficiently boiled. Take it out and remove the bottom shell first. Cut off the head and claws, and take out the gall and sand bag, then cut up the remainder. Cut up the entrails and all about half an inch long. Be careful to preserve all the juice. Put in a stewpan. Make a dressing of flour, the yolks of two hard-boiled eggs, a third of a pound of the very best butter, a proper proportion of salt, red pepper, a small quantity of rich cream, and a large wine-glass of Madeira or Sherry to each terrapin. All of the ingredients to be of the best qualities. Dish promptly and serve smoking hot.

CHAPTER VI

MEATS

Broiled Steak

WHEN broiling, be sure to have a clear red bed of coals. Grease the wires of your broiler and place your steak on it. Hold each side over the extreme heat for a minute at a time, continue this for four or five minutes. Then hold the broiler farther away from the coals and keep turning the steak every minute or two until steak is cooked. Remove to a platter, season with salt and pepper. Sprinkle generously with pieces of butter. When the butter is melted, serve plain, or with any sauce desired. The length of time a steak should be broiled depends entirely upon its thickness. A steak one inch and a half thick will cook underdone, or rare, in seven or eight minutes. Should you have a steak two and a half or three inches thick, it is a good plan to begin cooking it in front of the coals. The centre cooks, then it can be finished over the coals.

Broiled Fillet of Beef

Cut three and one-half pounds of the tenderloin of beef in slices about three-quarters of an inch thick. Season with salt and pepper. Broil for five or six minutes and serve with a garnish of hot Béarnaise sauce.

Larded Steak

Take a piece of sirloin beef weighing four or five pounds. Cut out the bones, trim it, and lard it on one side with fine strips of larding pork. Season with salt and pepper. Cover

the bottom of a baking dish with a piece of pork skin, add one thinly sliced carrot, one sprig of thyme, one bay leaf, and one sliced onion. Place the beef on top, and bake in the oven for half an hour. Place on a dish and keep warm. Add one-half pint of consommé to the drippings. Boil two or three minutes. Skim off the grease and strain into a separate dish. Serve very hot.

Stuffed Beefsteak

Select a good-sized rump steak, about half an inch thick. Make some bread forcemeat and spread it over the steak, and roll all together and tie securely. Place it on a tin sheet set a little up from the bottom of a kettle. Pour in enough water to nearly cover it. Place the kettle where the meat will stew slowly for two or three hours. Serve with any sauce you may wish, and carve crosswise through the stuffing and meat.

Beefsteak with Fried Onions

Put a kettle of fat on the range where it will heat. Peel and thinly slice two Spanish onions. Place them in a frying basket. Broil the steak as previously directed. When the meat is cooked, move the kettle forward, and when the fat is very hot, plunge the basket of onions into it. Cook until crisp and a nice brown. Drain and arrange them round the steak, or in a separate dish, if wished.

Roast Beef

A great deal depends upon the weight and quality of a piece of beef in determining how long it should be cooked. One commonly allows nine minutes to the pound for a rib or loin roast if it is to be rare, and twelve minutes to the pound if you wish it an even red all the way through. A roast cut from the round or rump will take forty minutes longer than the first-named cuts. Rub the top and sides of the beef with salt and pepper, put a few small pieces of butter over the top, and place

it in a dripping pan. Pour about two tablespoonfuls of hot water in the pan, and put in hot oven with a steady heat. Baste frequently while the beef is cooking. If the top burn, open the oven door a little. When cooked, place on a hot platter. Sprinkle flour in a dripping pan, stir constantly, and add enough boiling water to make the gravy or sauce the right thickness. Strain and serve in separate dish. Any other sauce may be served with the above. Sometimes the platter is garnished with potatoes which have been roasted in the pan with the beef. If so, do as follows: Select and peel medium-sized potatoes. About half or three-quarters of an hour before the beef is served, cut the potatoes in two lengthwise, and place in the pan around the beef. Turn and baste them frequently. If desired, garnish dish with Yorkshire pudding made as follows: —

Yorkshire Pudding

Have at hand one and one-half pints of milk, six large tablespoonfuls of flour, three eggs, and one saltspoonful of salt. Put the flour and salt in a bowl, and stir gradually to this enough milk to make a stiff batter. When this is perfectly smooth and all the lumps are dissolved, add the remainder of the milk and a well-beaten egg. Whisk the mixture and pour it into a well-buttered, shallow tin. Bake for an hour. Then for another half hour, place it in the pan underneath the meat, so that it will catch a little of the juice from it. Cut the pudding in small, square pieces, put them on a hot dish, and serve. If the meat is baked, the pudding may at once be placed under it.

Beef Pie

Cut four and one-half pounds of sirloin beef in thin slices, season with salt and pepper, and arrange in a deep baking dish which is well buttered. Place first a layer of meat, then a layer of chopped parsley, mushrooms, shallots, and a ladleful of thick brown gravy, and so on until the dish is full. Wet the edge of

the dish, cover it with a rim of puff paste, wet again, and cover the whole with a large, thin piece of paste. Press the edges closely together. Brush the top with a beaten egg, make a few incisions, and a hole in the centre. Bake in a moderate oven for one hour. Pour a little gravy inside through the hole and serve very hot.

Beef Rump with Dumplings

Cover four or five pounds of the rump of beef with cold water. Skim when it comes to a boil, salt the water to taste, and boil four or four and one-half hours until very tender. Remove from the pot and place in a colander over hot water, and cover to keep moist. Strain the beef broth through a soup strainer, take out some for gravy, and return the rest in which to boil dumplings. Thicken the gravy no thicker than cream. Pour some over the meat and serve the rest in a gravy boat.

Dumplings

One pint and a half of flour, one teaspoon of lard, a little salt, two heaping teaspoons of baking powder. Mix these, wetting with hot water. When partly mixed, add one beaten egg, more water, and make the dough stiff enough to drop into the water. Cover, and boil ten minutes, having care not to turn them over in the pot. Serve at once.

Devilled Roast Beef Bones

Take the bones from cold roast beef, leaving as much meat as possible on them. Season with salt and pepper, and rub them with mustard paste. Roll in fresh bread crumbs and sprinkle each one with little pieces of butter. Broil over a slow fire until a nice brown and serve on a hot dish with thickened brown gravy around them, or over them, as you wish.

Beef à la Mode

Cut and trim neatly the under part of a round of beef and soak it in vinegar and spices for three or four hours. Prepare the vinegar as follows: Chop one onion very fine, add a little salt, pepper, dry mustard, and a few whole cloves. Mix all with one cup of vinegar and boil for five minutes. Turn the meat frequently. Lard it with pieces of salt pork cut about one-quarter of an inch square and in strips as long as the meat is thick. Brown three onions, one carrot, and one turnip, all sliced, in drippings. Place them in a pan. Brown the meat in the same way, fasten a cloth round the beef, so as to keep it a good shape, then place it in the pan on a perforated tin a little higher than the bottom of the pan. Cover about half with boiling water, add a small bag of herbs; partially cover the pot, and simmer for three and a half hours, or until tender,—it depends upon the size of the beef. Remove the cloth and place the meat on hot platter. Skim the grease from the gravy, season with salt and pepper, and thicken with flour blended with a little water. Let it boil and brown. Strain and pour over the beef. Garnish with potatoes cut in fancy shapes and small boiled onions.

Fillet of Beef with Mushroom Sauce

Buy the short fillet under the rump, using two if necessary. Wipe, remove the fat and veins and tendons in the middle, and have it well larded with thin strips of pork. All this can be done by the butcher. Then rub the fillet well with salt and pepper. Put two slices of fat pork in baking pan with one slice of onion and a bit of bay leaf. Place the meat in the pan and bake in a hot oven for thirty minutes. Baste often, and serve with mushroom sauce poured round the meat.

Mushroom Sauce

Pour off all but two tablespoonfuls of drippings in the pan. Stir in two tablespoonfuls of flour, and when brown add one pint of boiling water. Cook until it thickens. Then strain into a saucepan and add one cup of mushrooms, one tablespoon of lemon juice, and more salt if needed. Heat thoroughly but do not let it boil.

Braised Roll of Beef à la Printanière

Select a piece of sirloin of beef well covered with fat and weighing about twelve or fifteen pounds. Remove the bone, leaving the fillet adhering to the upper part. Lard the fillet with pieces of ham or bacon, having the pieces one-quarter of an inch square and four inches long. Then roll the beef up close and fasten it round with a string to secure its shape. Break up the bones and place them with the trimmings in the bottom of a pan or kettle. Place the roll of beef on the bones. Add two carrots, two onions with a clove stuck in each, two heads of celery, and a small bouquet. Moisten with about quarter of a bottle of Sherry, and, if desired, one small glass of brandy. Set the whole on the range and let it simmer slowly for ten minutes. Then add enough good beef broth or consommé to nearly cover the beef. Cover the beef with a buttered paper. When the liquid comes to a boil, place where it will boil slowly for two or three hours, or until tender. The time has to be regulated by the size and tenderness of the meat. Dish it, place round it groups of young carrots, turned in their own shape, asparagus tops, small buds of cauliflower, and French beans cut in diamond shapes and boiled green. Cut some boiled turnips in the shape of deep saucers. Fill each one with green peas and place in a border round the dish. Pour some Espagnole sauce round the border of turnips, glaze the meat, and serve very hot.

Fried Ox Tails

Cut between the joints in pieces about three inches long, the thick part of half a dozen ox tails. Soak in cold water for about one hour. Drain, and put in a saucepan with three-quarters of a pound of sliced onion and one pound and three-quarters of sliced carrot. Season with salt and pepper, add one good-sized bouquet, and cover all with three quarts of broth. Boil over a slow fire for three or four hours, or until the meat is tender. Test it with a fork. Put the pieces in a dish and cover them with the broth. When partially cool, dip each piece in beaten egg, then in fine bread crumbs; fry until a nice brown. Drain on brown paper. Serve hot with a tomato sauce.

Corned Beef

Select a six-pound piece of rump or brisket corned beef and place it in a saucepan with enough cold water to cover it. Let it boil briskly three hours and a half or more, until tender. If served with kale sprouts, add them to the meat about one-half hour before time for serving. Drain them on to a hot platter and place the corned beef on them. If wished, plain boiled spinach may be served instead of sprouts.

French Creamed Corned Beef Hash

Cut up in equal-sized pieces some nice, red cooked corned beef, also some cooked potatoes cut in the same way. *Do not chop them.* To one cup of meat have three-quarters of a cup of potatoes. Put a tablespoonful of butter in an iron or agate saucepan. When the butter begins to boil, add the beef and potatoes, and a little chopped green pepper. When well mixed in butter, add one cup of rich cream. Mix well, and let it boil up once. Serve on a very hot platter. Garnish with heart-shaped pieces of toast, put sprigs of parsley round the platter. Poached eggs may be served with it on a separate dish.

Timbale of Tongue with Sauce

Place two pounds of smoked boiled tongue and the breast of one medium-sized raw chicken in a mortar, and pound until smooth. Then stir in two tablespoons of flour, the whites of two eggs, one cup of cream, one tablespoon of Breton red coloring, a little salt and pepper, and a dash of cayenne. Press through a purée sieve. Then stir in one cup of whipped cream. Decorate the bottom of a buttered mould with pieces of truffles. Fill with the tongue and chicken mixture. Cover with buttered paper. Place in a pan of water and in a moderate oven; cook it for half an hour. Serve with the following sauce:—

Sauce for Tongue Timbale

Mix two tablespoons of butter and two tablespoons of flour. Stir over a slow fire, then add one cup of chicken broth, one-half cup of cream, and the beaten yolks of two eggs. Cook until the sauce becomes of the right consistency. Season with salt, white pepper, and three tablespoonfuls of Madeira wine. Stir in some finely chopped truffles. Serve very hot.

Tongue Stew

Put a fresh tongue in cold water, add three pounds of lean beef. Let them boil together gently four hours, and at the end of the time add carrots, potatoes, and other vegetables if you wish. Brown the flour with which you thicken the gravy, and before thickening add a dozen cloves, salt and pepper to taste, and half a glass of wine. Strain the gravy to get out all the bones, peel the tongue, return it to the gravy, and send to the table without the beef.

Brains with Mushrooms

Prepare the brain of an ox by washing and skimming it, and then steep it on the back of the range for an hour. When

it is well steeped, rub it with flour and salt, lay on it bits of butter, and set it in the oven, having added water to the dish in which it is to bake. Bake it for an hour, basting it often, and serve with a mushroom sauce. An onion sauce may be substituted for the mushroom sauce.

Stewed Beef Kidney

Select two beef kidneys, remove the fatty substance from the middle, and cut in slices. Wash in salt and water, then in fresh water. Drain thoroughly and season with salt and pepper. Fry in boiling hot butter until slightly brown, shaking the saucepan all the time. Drain the butter off and put the kidneys on a plate. Pour a scant pint of Espagnole sauce in a saucepan with two wine-glasses of Sherry. Boil until quite thick. Add some sliced mushrooms, — seven or eight, — the kidneys, four ounces of butter in small bits, some chopped parsley, and lemon juice. Mix well without boiling. Taste, and add more seasoning if necessary. Dish up as high as possible on an entrée dish.

Baked Tripe

Cut one pound and a half of tripe in small squares. Put them in an agate pan with five chopped onions. Season with salt and white pepper. Cover with stock or water and bake in a slow oven for three hours. Pour off the liquid, strain it into a saucepan. Add enough flour to make a thick sauce. Stir over hot fire until it boils up once. Range the tripe, etc., in a baking dish. Pour in the sauce and cover all with mashed potatoes beaten to a cream. Bake in a hot oven until all is thoroughly heated and the potatoes a nice brown.

Fried Tripe with Espagnole Sauce

Cut two pounds of tripe into small pieces. Fry until a light brown, with three ounces of butter, one finely chopped

onion, and half a green pepper finely chopped. Peel one good-sized tomato, cut it in pieces, and mix with one-half pint of Espagnole sauce. Season with salt, pepper, a bouquet, and one crushed clove of garlic. Stir the tripe in this sauce and cook for ten minutes. Remove the bouquet, add one teaspoonful of finely chopped parsley, and serve at once.

Stewed Tripe with Tomatoes

Wash one pound of tripe, cover it with hot water, add one onion cut in quarters, and stew thirty-five minutes. Stew one pint of tomatoes ten minutes, strain, add a seasoning of salt and pepper, and two tablespoons of flour wet with cold water. Drain the tripe thoroughly, cut it in strips, and add it to the sauce. Boil all up together with a tablespoon of butter and serve.

Fricasseed Veal

Divide into bits of say the size of your two fingers a couple of pounds of veal, and make it quite free of fat, bone, and skin. Dissolve a couple of ounces of butter in a stewpan, and just as it begins to boil lay in the veal and shake the pan until the meat is firm, but uncolored. Stir in a tablespoon of flour, and when it is well mixed with the cutlets pour gradually over them, shaking the pan often, enough hot veal stock or gravy to cover them. Stew them gently until they are perfectly tender —this may be fifty or sixty minutes, or longer. Add salt, a quarter of a pint of rich cream, and, if you like, a few strips of lemon rind. Two or three dozen mushroom buttons added twenty minutes before it is served will improve the fricassee.

Veal Potpie with Dumplings

Cut three pounds of the leg or loin of veal in small pieces about three inches square. Cut one-half pound of salt pork in thin slices. Lay the pieces of pork in the bottom of pot, then

add pieces of veal, then more pork and veal. Cover with tepid water and let it slowly come to a boil. Chop one onion and one head of celery very fine and add to the veal. Let all simmer for one hour, then season to taste. Be sure you have enough liquid in which to cook the dumplings. Twenty minutes before serving, put in your dumplings, dropping them a spoonful at a time. Let them boil steadily for fifteen minutes. Remove at once and dish. Put the meat in the centre of a deep platter and the dumplings round. Strain the broth in which meat and dumplings were cooked, and skim off all the fat. In a saucepan melt one tablespoonful butter, add one teaspoonful flour, and then the broth. Pour over the meat and serve very hot. Garnish with parsley.

Dumpling for Potpie

One egg, one cup of flour, half a cup of water, one teaspoon of baking powder, half a teaspoon of salt, a pinch of cayenne. Sift the flour and baking powder together and add the cayenne. Whip the egg very lightly and add it to the water. Then mix with the flour. Beat well with wire whisk. Boil in the pot with the meat. Do not put them too close together, but allow room for them to swell.

Veal à la Cadet

Choose a solid piece of fat white veal. With a larding needle thrust inside some long strips of larding pork and ham. Put the veal in a hollow earthen vessel with some thinly sliced onion, olive oil, pieces of thyme, bay leaves, parsley, salt, and white pepper. Let it soak for six or seven hours, occasionally turning it so it will absorb the seasoning. Then place on a long skewer, wrap in three thicknesses of oiled paper with the vegetables, etc., inside, and roast in a moderate oven for one hour and a half, according to size. Remove the paper, leave the vegetables in the pan, let the veal brown, and put it on a

dish. Add a little broth and a dash of cayenne to the liquid in the pan. Cook for a minute or two. Then strain and remove grease. Mix with one pint of tomato sauce. Heat thoroughly. Dish veal, pour some of the sauce round it, and serve the rest in a separate dish.

Veal Cutlets à la Polonaise

The following proportions are for six: Take two pounds of veal from a leg of veal, chop the meat fine, add two tablespoons of bread crumbs or of rolled cracker crumbs, one tablespoon of butter, four eggs, and salt and pepper to taste. Mix the ingredients well, form them in flat oval cutlets about half an inch thick, paint with the white of an egg, sprinkle with cracker meal, and fry in butter to a golden brown. Serve a slice of lemon on each cutlet. A lemon sauce is sometimes served with the cutlets, but more often green peas or macaroni with drawn butter, or a purée of potatoes. These cutlets are also delicious when made from the breast of a turkey or chicken.

Veal Cutlet with Purée of Cucumber

Flatten, trim, and season with salt or pepper eight small veal cutlets. Fry in melted butter until a light brown on both sides. Drain off the butter, add one glass of sherry, a little broth, and two ladles of Espagnole sauce. Cover and stew fifteen minutes. Pour some of the purée on a dish, arrange the cutlets in a circle. Pour the reduced sauce over them and serve.

Veal Cutlets London Fashion

Take cutlets a little more than a quarter of an inch thick, cut from the best end of a neck of veal, free them from skin and fat, brush them with egg, dip them in fine bread crumbs, and fry them a light brown in deep fat. Toast or broil apart as many slices of bacon as you have cutlets, and set the bacon and cutlets on their edge round the inside of a hot dish, placing

them alternately. Pour in the middle a rich gravy, or substitute for this a rich mushroom sauce. Savory herbs and salt and pepper should be mixed with the bread crumbs.

Veal Loaf

Cut the last shavings from the almost naked bone of a boiled ham. If you have no cold veal, cook one pound of it. The coarsest piece will do, but it must be lean. While the meat cools, boil down the liquor it was boiled in until there is only one-half cupful. If your veal is already cooked, treat a cupful of gravy the same way. Add to this a teaspoonful of butter, the juice of half a lemon, pepper and salt to taste, and a pinch of mace. Chop the veal and ham very fine, mix well together. Moisten thoroughly with the gravy and press into a bowl or mould. Cover the surface with a small plate, and on this set a heavy weight. By the following day it will be firm. Invert it on a dish and cut in thin slices. Scraps of poultry may be worked up nicely with the ham. Keeping an eye to the odds and ends enables one to make many a tasty relish without extra expense.

Veal à la Marengo

Cut three and a half pounds of lean veal in small pieces. Put them in a saucepan with two and a half ounces of pork and one onion, both cut in small pieces. Shake them round in the pan and, when a nice brown, sprinkle with three scant tablespoons of flour. Stir all together. Then add one quart of broth and one gill of tomato sauce. Season with salt, pepper, a bouquet, and a little garlic. Cook all for forty-five minutes. Serve on a hot platter and garnish with squares of bread fried a golden brown color. Sprinkle finely chopped parsley over the meat.

Plaw

Boil a piece of lean veal till it is tender. Take it up, cut it in strips three or four inches long, put it back in the pot with

the liquor it was boiled in, and add a teacup of rice to three pounds of veal. For the same quantity of veal allow a piece of butter the size of an egg. Season with salt, pepper, and sweet herbs if you like. Stew gently till the rice is tender and the water nearly stewed away.

Knuckle of Veal with Rice

Pour over a small knuckle of veal rather more than water enough to cover it, bring it slowly to a boil, take off the scum with great care, and throw in a teaspoon of salt. When the joint has simmered for about half an hour, throw in from eight to twelve ounces of well-washed rice, and stew the meat gently for an hour and a half longer, or until both meat and rice are perfectly tender. A seasoning of cayenne and more salt, should it be required, are added twenty or thirty minutes before serving. If it is at hand, good veal broth may with advantage be substituted for the water.

Pickled Veal

Cut cold cooked veal in small pieces and cover with scalding hot vinegar. To three scant pints of vinegar add ten whole cloves, half a stick of cinnamon, one teaspoonful of salt, and ten peppercorns. Stir these into the scalding vinegar and then pour over the veal. Let the mixture stand for one day. It is then ready to serve for luncheon or supper.

Meat and Nut Balls

Blanch the nuts and allow thirty to every pint of chopped meat. The nuts should also be chopped. Either veal or lamb may be used. Mix the nuts and meat, season with pepper and salt, and use an egg or two for binding the whole together. Mould in small balls, or roll them out in croquette form and lay them in a baking dish. Pour over them a pint of strained

tomatoes, allowing a pint to a pint of the mixture of nuts and meat, and cook fifteen or twenty minutes. Serve the balls on a hot dish, and pour round them the thickened tomatoes.

Sweetbread Jardinière with Sauce

Prepare three pairs of sweetbreads by first letting them stand in cold water for one hour. Change the water during that time. Then put them over the fire with enough white stock to cover them. Add one teaspoonful of salt, six whole peppers, one blade of mace, one onion, one slice of carrot, and a stalk of celery. Let them come to the boiling-point, remove, and leave them in the liquor until cold enough to handle. Then remove all the skin and fatty parts and cut them in the shape of a chop. Press them by putting a plate on top and setting a light weight on it, to keep them in shape. Leave them in the press one hour. Put two ounces of butter in a saucepan and clarify it. Then add the sweetbreads. When they become a rich golden brown, remove them and keep them in a warm place. Have some nice chicken forcemeat. Put a layer of it on top of each sweetbread, and on top of that, a slice of cooked beef tongue a little smaller than the sweetbread. Wrap each one in oiled paper. Place in a pan and steam on top of the range until the forcemeat is firm. Have some spinach cooked and put through a fine sieve. Place on a dish a mould of spinach. With spinach in a pastry bag ornament the edges of the dish, and in the centre make a rosette so the sweetbreads will have a support. Have some nice white turnips cooked in stock. Cut them in halves, or with a fancy cutter cut each one the desired size. Then with a small cutter scoop out the inside of the turnip. Let them stand in the broth they were cooked in until wanted. Now dish your sweetbreads, remove the paper. Place them round on the spinach border. Put turnips round the dish, fill each one with green peas. Serve with the following sauce : —

Jardinière Sauce

Melt one tablespoonful of butter, one tablespoonful of flour, and when they come to a boil add a teaspoonful of finely chopped onion, one of celery chopped very fine, two cloves, one tablespoonful of carrot chopped fine, one teaspoonful of salt, one small bunch of parsley, and a dash of cayenne. When this has boiled a few minutes, add one pint of good consommé. Cook until it thickens. When ready to serve add two tablespoonfuls Madeira wine. Serve very hot.

Baked Sweetbreads

Trim eight heart sweetbreads, soak in cold water for two hours, parboil, press and cool between two pieces of tin. Prepare a matignon of the following ingredients: Fry a few finely sliced carrots and shallots, a little parsley and herbs in four ounces of butter until slightly browned. Moisten with a glass of white wine and simmer slowly for five minutes. Pour this over the sweetbreads and let them soak for two hours, turning them frequently. Drain the sweetbreads, wrap them in thin slices of fat pork, fold in buttered paper, put on skewers, and roast before a moderate fire. Remove paper and pork, glaze nicely, and serve with a demiglaze sauce made with the matignon, a little broth, and Espagnole sauce.

Sweetbreads with Brown Sauce

Clean and soak two pairs of sweetbreads in cold water for an hour or more, then put them in a pan with enough boiling water to cover them, and cook them for twenty minutes. Take them out and place them in cold water for two or three minutes to make them firm. Dry thoroughly, rub them with a tablespoonful of butter. Sprinkle with salt and pepper and place in a pan with brown sauce. Cook in hot oven for twenty minutes. Baste often with the sauce.

Sweetbread Croquettes with Sauce

Trim and soak six good-sized sweetbreads in cold water for three hours. Then parboil, drain, and cool. Cut in thick slices and fry until quite dry, with two ounces of melted butter, salt, white pepper, and a little grated nutmeg. Then place them on a paper to drain. Put two tablespoons of finely chopped shallots with the butter, fry a little, add one pint of cooked mushrooms cut in very small pieces, fry a minute or two, add one pint Allemande sauce, and the yolks of four eggs. Stir very hard and boil one minute. Then add the sweetbreads cut in very small pieces, some finely chopped, and a little lemon juice. Mix well and turn into a dish to cool. When cold, shape them in oblong pieces, dip in beaten egg, then in fine bread crumbs, then in egg and bread crumbs again. Fry in hot fat until a light brown. Drain on brown paper and serve with the following sauce in a separate sauce dish: —

One pint of velouté sauce, quite thick, one glass of white wine, two tablespoons of beef extract. Boil five minutes. Add two tablespoons of fine-chopped mushrooms and some chopped parsley. Mix with the sauce without boiling.

Sweetbread Patties

Soak sweetbreads in cold water, remove the pipes and membranes. Cook eighteen minutes in boiling salted water with one tablespoonful of lemon juice. Then plunge in cold water to harden. When cold, cut them in small pieces, heat with a rich cream sauce, and serve in pastry shells or in biscuit boxes.

Scalloped Sweetbreads

Soak four sweetbreads in cold water for two hours. Parboil them. When cold, trim and cut in slices. Stew them for six minutes with one ounce of butter, one-half wine-glassful of

white wine, one scant tablespoonful of salt, and one teaspoonful of white pepper, and a little grated nutmeg if desired. Then stir in one gill of thick white sauce, two sliced truffles, and four sliced mushrooms. Fill some scallop shells with this mixture, sprinkle with fine bread crumbs and a few bits of butter. Put in a brisk oven. When slightly brown, remove and serve.

Sweetbread Timbale

Place one pair of large cooked sweetbreads and three pounds of raw white meat of chicken in a mortar with the whites of two eggs. Pound to a fine pulp. Then press through a purée sieve. Moisten with one-half cup of Béchamel sauce and one-half cup of cream. Beat all together until very light. Season to taste with salt, white pepper, a dash of cayenne, and a little grated nutmeg. Mix thoroughly. Set away on ice until it is thoroughly chilled. Then take a small portion, place in a buttered timbale dish, and poach for about ten minutes. At the end of that time if not firm to the touch, mix the beaten white of one egg to the raw mixture. If too firm to the touch, add more cream to the raw mixture. Then place in buttered moulds, cover with buttered paper, and poach in oven until firm to the touch. Serve with Princess sauce or any other to suit the taste.

Veal Kidney Pie

Select three nice veal kidneys, wash, and soak them in salted water, then in fresh water. Chop very fine, also chop the fat and mix with the following: The chopped yolks of four hard-boiled eggs, a few finely chopped herbs and pieces of celery, a dash of grated nutmeg, ground mace, cloves, and white pepper, and salt to taste. Line a deep-buttered dish with puff pastry. Mix the kidneys thoroughly with the seasoning and fill the baking dish. Moisten with three tablespoonfuls of Sherry, cover with a layer of pastry. Trim the edges evenly, moisten

and press them together. Cut a small opening in the top of the pie and bake. Serve while hot.

Stewed Calf's Liver

Have a piece of liver weighing one and one-half or two pounds cut into small pieces. Cook for five minutes with one finely chopped onion, one bruised clove of garlic, and one ounce of butter. Season with pinch of salt and one-half pinch of pepper. Shake the pan all the time. Then add one wine-glass of white wine, and one gill of Espagnole sauce, and seven or eight chopped mushrooms. Cook all for three minutes. Stir in a teaspoonful of finely chopped parsley and serve at once.

Baked Calf's Liver with Glazed Onions

Take a calf's liver weighing about three pounds, and on the under side make a long deep slit from the thick end to the thinnest end. Be careful to cut it straight. Stuff into this pouch the following mixture: Two tablespoons of chopped parsley, one pound of cooked ham, leaving the fat on, one medium-sized onion, one cup of bread crumbs moistened with a little stock. Chop all these together and add two raw eggs, one saltspoonful of black pepper, and mix thoroughly. Sew up the pouch closely. Sprinkle the liver with one-half teaspoonful of salt and one-half teaspoonful of pepper. Then put a few very thin slices of fat pork over the top and put in a pan with about one pint broth, adding to it one teaspoonful of flour mixed thoroughly with one tablespoonful of butter. Cook about one hour in a moderate oven. Baste four or five times. Serve on a platter with a garnish of glazed onions round the edge. Strain the gravy through a very fine sieve or cloth and pour over the liver.

Glazed Onions

Peel and cook for ten minutes in plenty of boiling salted water one pint of small white onions. Drain and dry thor-

oughly. Put in a baking pan two tablespoonfuls of butter and half a pint of broth, and place the onions so they do not touch each other. Cover them with two tablespoons of granulated sugar. Bake in oven for fifteen minutes. Be sure to turn them often, so they will become evenly colored.

Fried Calf's Liver and Bacon

Cut the necessary amount of calf's liver in thin slices and wash it in cold water. Place some thin slices of bacon in a hot pan and cook them until they are crisp. Remove from the pan and keep them hot. Place the pan where there is not an intense heat, drop the slices of liver into the bacon fat, and cook slowly — for five or six minutes or until cooked. Serve on a hot platter and garnish with the bacon. Liver should be cooked slowly to make it moist and wholesome.

Fried Calf's Brains

Remove the arteries and soak four calves' brains in cold water for two hours. Put in a saucepan with water which tastes strongly of vinegar, a few peppercorns, salt, a bunch of parsley with herbs tied in it, and a sliced onion. Boil slowly for forty minutes. Drain on a cloth. Divide each lobe in two or more pieces. Sprinkle the pieces with dry crumbs, dip in beaten eggs, roll in fresh white crumbs, and arrange in a frying basket. Immerse in plenty of *very hot fat* and fry a nice color. Drain on paper and serve. Garnish with fried parsley and pass Tartare sauce.

Calf's Brains with Mushroom Sauce

Soak two calves' brains in cold water for half an hour, remove the skins, wash again, drain thoroughly, then place in a saucepan with just enough water to cover them. Add one teaspoonful of salt, one-quarter of a cup of vinegar, and nine

whole peppers. Cook about ten or fifteen minutes. Drain and place on a hot dish.

Have the following sauce prepared: Brown eighteen or twenty small onions in one ounce and a half of butter. When a good color add a little flour, enough to absorb the butter. Stir for a few minutes, then stir in one-half cupful of stock and one cup of claret. Season with salt and black pepper to taste. Set the pan where the sauce will cook slowly for half an hour. Empty one can of mushrooms, wash them, and cut in moderately small pieces. Mix these with the sauce and boil for ten minutes. Garnish the brains with the vegetables and pour the sauce over all.

Calf's Brains à la Vinaigrette

Wash three good-sized calves' brains, remove the skins, and then wash again. Drain thoroughly. Put them in a saucepan and cover with fresh water, three small pinches of salt, half a cup of vinegar, one carrot sliced, a dozen whole peppers, sprig of thyme, and one bay leaf. Cook for ten minutes. Drain thoroughly. Cut each brain in half. Serve hot on a folded napkin on a dish with vinaigrette sauce in a sauce-boat. Garnish with parsley.

Calf's Head

The butcher should first prepare the head for use. Wash it thoroughly and remove the brains, which may be kept for frying, as mock oysters, or may be added later. Cover with cold water, take off the scum as the head begins to heat, and boil it gently from one to two hours. Remove from the fire, let it cool, and bone it entirely. Lay the boned head in a stewpan, replace the brains if you wish to stew them, and simmer gently for an hour in its own gravy. Half an hour before it is served, add a pint of mushroom buttons. If it is necessary, thicken the gravy with a little flour or corn-starch and lay

forcemeat balls round the dish in which the head is served. Salt to taste and cayenne pepper should be added during the stewing. If you have not the mushrooms at hand, a bunch of sage leaves finely minced may be added instead.

Calf's Heart Roasted

Make a forcemeat of fine bread crumbs, a quarter of a pound of beef suet chopped small, a little parsley, sweet marjoram, pepper, salt, and if your taste finds them agreeable, lemon peel and nutmeg. Mix these ingredients with the yolk of an egg and place them in the heart. Tie the heart and roast, turning it frequently. Serve with slices of lemon and melted butter poured over it.

Fried Chops with Brown Sauce

Take eight good-sized lamb chops, — Frenched, — scrape the meat from four of them, and spread on each side of the other four. Roll in beaten egg and cracker crumbs and fry in deep hot fat. In the centre of a platter of all kinds of vegetables cut in small pieces, make a mould. Arrange the chops round the mould and cover with a brown sauce.

Brown Sauce

One teaspoonful of melted butter, one teaspoonful of flour, stir over fire until a light brown. Add a little horseradish, salt and pepper, and half a cup of stock.

Haricot of Lamb

Select a fat fore quarter of lamb, cut off the chops, and cut the remainder in square pieces. Place the pieces in a saucepan with five ounces of butter, cook until colored a nice brown; drain off the fat, sprinkle in a little flour, mix well, and cook a minute longer. Add one quart and a pint of water and one pint of tomato sauce, season with salt, white pepper, and a

grated nutmeg if so desired. Let all come to a boil. Skim the meat from the broth and place in another saucepan. Rub the sauce through a fine sieve over the meat. Add a bouquet, a few carrots and turnips cut in small pieces, and eighteen small onions sugared and browned in butter. Boil half an hour, then add one pint of raw potato balls. Boil slowly half an hour longer. Place the saucepan at the side of the range and let it stand for fifteen minutes. Skim off all the fat and remove the bouquet. Dish in conical form and serve.

Hind Quarter of Spring Lamb

Select a medium-sized hind quarter of lamb. Trim the bone and place the flank over the ribs to prevent them from being cooked too much. Fasten all together securely. Season with one tablespoon of salt, rubbing it over the meat. Cover it with the thin fat and place it in a dripping pan with one tablespoonful of water. Place in a moderate oven and roast for one hour, basting it with its own drippings. Remove the fat, cover the bone with paper ruffle, and serve on a hot dish. Skim the grease from the drippings and strain it over the lamb. Serve mint sauce with it if wished.

Curry of Lamb with Asparagus Tops

Cut three and a half pounds of shoulder of lamb in two-inch squares. Wash thoroughly and drain. Place in a saucepan with enough water to cover. Let them come to a boil. Drain and wash again. Then cover them with boiling water, one and a half tablespoonfuls of salt, three-quarters of a teaspoonful of pepper, five small onions, and a bouquet. Let all cook and steam for forty-five minutes. Strain the liquid into another saucepan with one-half pint of white sauce. Stir until it boils and then stand where it will keep warm. Beat the yolks of four eggs and the juice of half a lemon together. Gradually stir this into the sauce. Pour over the lamb. Also add one

pint of asparagus tops. Do not let it boil. Serve steaming hot with a garnish of boiled rice.

Fillets of Mutton

Prepare four fillets of mutton, removing all the sinews and almost all the fat. Cut them in two pieces. Flatten them and season with salt and white pepper. Melt four ounces of butter in a saucepan, add the fillets, and fry them until they are thoroughly cooked and a light brown. Turn them frequently. Remove and drain on a plate. In the saucepan add one tablespoonful of flour, one pint of broth, and a glass of Sherry. Boil for a minute or two. Arrange the mutton alternately with fried bread, cut the same size. Skim the grease from the sauce, strain it, and garnish the fillets.

Roast Mutton

Select a medium-sized leg of mutton, cut off the bone and trim it. Rub it with salt and pepper. Sprinkle with little pieces of butter and roast in a moderate oven for one hour and a quarter. Baste often and turn it three or four times while it is roasting. Serve with either the strained gravy from the pan or thickened gravy.

Roast Mutton

Select a nice breast of mutton weighing about eight pounds. Sew it up in a piece of muslin or any thin cloth. Place it in a kettle with enough water to cover it. Let it stew or boil very slowly for one hour and twenty-five minutes. Remove the cloth and place the meat in a dripping pan. Rub it well with melted butter or drippings. Sprinkle with a little flour and roast in oven for about half or three-quarters of an hour. Baste it often with contents of the pan. Just before serving, sprinkle with fine crumbs and dots of butter. Let it get a nice brown. Garnish the dish with parsley. Make a sauce of the strained drippings from the meat.

Chops à la Signora with Sauce

Cook one tablespoonful of butter and one tablespoonful of flour for two minutes. Add one cupful of white broth and cook to a thick, smooth sauce. Then add one cupful of finely cut cooked chicken, half a cup of finely cut canned mushrooms, and, if handy, a little finely cut tongue and a little cream. Season to taste with salt, white pepper, and, if desired, a little grated nutmeg. Stir over the fire for five minutes. Spread on a dish and set aside until cold. Select six nice Frenched chops. Split them in half without separating them and season with salt and pepper. Spread a thin layer of chicken between the two layers of each chop. Close each one, giving each chop its original form. Dip in beaten egg, then cover with bread crumbs, and fry in clarified butter until a golden color and well done. Dress them in a circle on a hot dish, arrange a curled paper on each one, and serve with the following sauce:—

Sauce for Chops

Cook two tablespoonfuls each of finely chopped tongue and mushrooms with two tablespoonfuls of Madeira wine until dry. Then add one cupful of Espagnole sauce and one-half cup of stewed, strained tomatoes. Cook five minutes and serve in separate dish or in the centre of the chop dish. If desired, the chops may rest on pieces of fried bread the same size as the chops.

Roast Saddle of Mutton

Trim a small saddle of Southdown mutton. Pull off the thin skin and make a small cut in the fat. Remove nearly all the suet inside, also the kidneys. Tie firmly in a neat shape and roast in quite a hot oven for one hour and a half. Drain, and let it stand in a warm place for ten or fifteen minutes. Skim all the grease from the drippings, add a little flour and stock, make a brown gravy, and serve in separate dish. Also serve currant jelly.

Boiled Leg of Mutton

Trim a medium-sized leg of mutton, put in a kettle with one bouquet and enough salted cold water to cover it. Boil for one hour and a half, or until tender. Serve with caper sauce made of plain cream sauce with capers, or Hollandaise sauce with a handful of capers added. The sauce must be served hot.

Mutton Stew

Remove the skin from three pounds of mutton cut from the shoulder. Cut the fat from it, place in a saucepan, and cook it until there is about five tablespoonfuls of liquid. Remove the fat and add one scant quart of sliced onion. Cover and place where it will cook slowly for one hour. Occasionally stir it. Then stir in one tablespoonful of flour and the mutton cut in small pieces. Cook until it is slightly browned, and then add one quart of boiling water, three teaspoonfuls of salt, one teaspoonful of pepper. Let it simmer for one hour and three-quarters, then add one quart of sliced raw potato and one tablespoonful of finely chopped parsley. Simmer for half an hour longer, or until the meat and potatoes are tender. Add more salt and pepper, if necessary, and serve very hot.

Devilled Mutton

Slice some undercooked mutton about one inch thick, score it, and spread with the following mixture: One teaspoonful of dry mustard, two teaspoonfuls of olive oil, one teaspoonful of vinegar, and half a teaspoonful of white pepper, and a dash of cayenne pepper. Mix thoroughly before spreading on the meat. Place the slices on a greased broiler and cook over a clear fire for six or seven minutes. Frequently turn the broiler and avoid scorching the meat. Serve with maître d'hotel sauce.

Boiled Leg of Mutton

Take a well-kept but perfectly sweet leg of mutton of middling weight, and after having washed (not soaked) it, lay it in a kettle of its size, as nearly as possible, and pour in rather more than sufficient cold water to cover it. Set the kettle over a good fire, and when the water begins to boil take off the scum, and continue to till no more appears. After the first skimming throw in a tablespoonful of salt, and after the water is well cleared, add two medium-sized onions stuck with a dozen cloves and a bundle or bouquet of parsley, thyme, and savory, four or five large carrots, and a half an hour afterward as many turnips. Draw the kettle to a spot on the range where the mutton will simmer gently for two hours and a half from the time it first begins to boil. If stewed gently, the mutton will be found excellent. If hurried, it will be like the unpalatable, hard, and ragged fast-boiled meat sent up by ignorant and tasteless cooks and served by inexperienced housekeepers. Boiled mutton should be served with caper sauce or brown cucumber sauce or oyster sauce. From the liquor in which the mutton is boiled excellent soup may be made.

Plain Boiled Mutton

Cover with cold water and skim when the pot has come to a boil. Salt the water to taste. Boil gently until very tender. Add three or four whole onions.

Mutton Pilau

Boil rice till the kernels are quite done and yet unbroken. Cut cold boiled mutton in pieces an inch square, fry in butter, and season with salt, pepper, a few cardamons, a little onion, and chopped mint. After the mixture has simmered half an hour, add a little of the boiled rice and continue the cooking fifteen or twenty minutes. The gravy formed by the butter,

seasoning, and rice should slightly flavor the browned mutton. Serve by laying some of the boiled rice on a dish and laying on it mutton and gravy, then putting on another layer of rice and upon this pouring mutton and gravy.

Mutton Cromeskies

Prepare the cold mutton by mincing it and seasoning it with salt, pepper, and thyme and parsley, or chopped onion, if you wish. Lay a little of the mince upon some slices of bacon cut very thin. Roll the bacon tightly and neatly round the mutton so that none may escape and tie the pieces round with fine twine. Dip each of the cromeskies in a frying batter and then drop them in deep, hot fat and fry to a delicate brown. Lay them round the edges of a dish piled in mountain form with plain boiled rice or mashed potato and garnished with tiny trees of parsley stuck in the sides.

Cold Roast Leg of Mutton

When a few slices have been cut from the joint, it will still afford a fillet of tolerable size, which may be dressed into a more savory dish than hash or mince. To do this, take off as much of the large end of the leg as will make that side of the fillet perfectly flat, cut also evenly through the joint where it has been carved. Now bone the fillet and place in the cavity veal forcemeat. Put the meat with the bones and trimmings into a kettle and cover them with water, or with broth if you have any stock at hand. As soon as it begins to boil, add a couple of onions, a bunch of parsley, two or three bay leaves, four or five carrots and turnips — plenty of vegetables, in fact. Let the whole simmer gently for a couple of hours. Serve the meat with the vegetables round it, and, if you wish, thicken the gravy. Some pungent or spicy sauce, which your taste tells you is in harmony with the dish, may also be added.

Loin of Mutton dressed like Venison

Skin and bone a loin of mutton and lay it in a braising pan with a pint of water, a large onion stuck with a dozen cloves, half a pint of Port wine, and a spoonful of vinegar. Add, also, when it boils, a small bouquet of thyme and parsley; also pepper and salt. Let the whole stew three hours, turning the loin often. Stew the bones in another dish and add their gravy to the mutton as it requires liquor. Serve moist with the gravy in which it stews.

Boned Leg of Mutton

Have the butcher remove the bone of a nice fat leg of mutton that has been well hung. Make a forcemeat of bread crumbs, hard-boiled eggs, and onions chopped fine, and season with butter, a little sage, black pepper, and some salt pork cut up in small bits. Fill the leg with this forcemeat and bake several hours, basting often. The bone cut from the leg may be broken and with the trimmings of the meat boiled in the broth pot with rice for a most nourishing and palatable broth.

Irish Stew

Cut in pieces between the joints like chops two pounds of the scrag of mutton. Slice three medium-sized onions in an iron saucepan, set over the fire well covered, and let the onions fry in their own juice, stirring and watching them that they may not burn. When they are done, lay in the meat and add one and a half quarts of water. Let the mixture come to a boil, and now upon further action the success or failure of your stew depends. Watch every minute or so till you find the spot on the range where the mixture will just simmer, no more — simmering is a slight motion, or sizzling, at one side of the saucepan. Add a teaspoon of salt, a half saltspoon of pepper, and let the meat cook two hours well covered. At the end of that time have ready as many potatoes as you need. Skim all the

fat from the gravy. Cut up two potatoes in thin slices. These are to break and thicken the gravy. Then lay the others over the meat, cutting them in two if they are large. Do not mind if the gravy is not enough to cover the potatoes. It would be only broth if it were to do that. They are to cook by steam. Irish stew must always be closely covered while cooking. If the meat is stewed carefully and slowly, it will be so tender that you can tear it with a fork, and yet not tasteless and "done to rags."

Real Scotch Hotch Potch

Cut up two pounds of scrag of mutton — the scrag is best because it is lean and carries the sweetness of the bone with its cooking, but any other lean part may be used. Put it on the fire to stew in one and a half pints of water and cook gently as directed for Irish stew for an hour and a half. Then cut up small a carrot, onion, and turnip, and add them to the meat with a teaspoon of salt and a scant one-half ounce of pepper. Add also half a can of fine marrowfat peas, mixing with the liquor of the peas a dessert-spoon of flour to thicken. Half an hour before serving add the other half of the peas. Be sure to skim off carefully all the fat after the meat is taken up, and if the gravy seems too plentiful, boil it down rapidly for a few minutes. In serving, lay the mutton in the centre of a dish and let the peas and other vegetables encircle it.

Mutton Croquettes

Have at hand one good pint of finely chopped mutton. Season with one tablespoonful of salt, one-half teaspoonful of white pepper, and one tablespoonful of lemon juice. Scald one cup of milk, mix one tablespoonful of flour and three tablespoonfuls of butter together and stir in the milk. Then add the mutton. Boil for four minutes. Stir in two well-beaten eggs. Turn out on a platter. When cool, shape into the desired size, roll in fine bread crumbs, then in beaten egg, and again in bread

crumbs. Fry in hot fat until a nice brown. The fat for frying should be the boiling degree of heat. If not, the croquettes will break open and absorb the grease.

Broiled Lamb's Kidneys

Skin, trim, and split lengthwise one dozen kidneys. Put them in a dish and season with salt, pepper, and sweet oil. Then put them on skewers — if not silver, have them bright and fresh-looking. Run the skewer through the centre of the two kidneys; do not separate them. Roll in fine bread crumbs and broil over a moderate fire for five minutes. Serve on a folded napkin with a thick brown sauce seasoned with Madeira in a separate dish.

Devilled Lamb's Kidneys

Prepare the kidneys the same as for broiling, and broil them for a minute or two on each side. Remove from the fire. Roll them well in English mustard paste which is seasoned with salt, a little white pepper, and a dash of cayenne. Then roll again in fine bread crumbs. Return them to the fire and broil four of five minutes longer. Serve with maître d'hotel sauce poured over them.

Baked Pork and Beans

Soak one quart of white beans in cold water for twelve hours. Then put them in a pan with four quarts of cold water. Let them come to a boil and add salt, white pepper to taste, a white onion with two whole cloves stuck in it, one carrot, a bunch of parsley, and a four-pound piece of salt pork — a streak of fat and a streak of lean. Before adding the pork, soak it for two hours in tepid water. Boil all slowly for two hours. Take the pork out and let it drain. Also remove the onion, carrots, and parsley. Strain off the liquid from the beans. Pour them into a hollow baking dish — an earthen one is the better — with two tablespoonfuls of molasses over them. Score the fatty

side of the pork. Press it down in the centre of the beans. Bake one hour in a moderate oven. Occasionally baste the pork with the gravy from the beans. Serve in the baking dish. Have it either hot or cold.

Boiled Ham

Soak the ham twenty-four hours, or more if large, or dry and hard. Put it in cold water and set on the back of the stove with a few soup vegetables or herbs. Cook very gently from eight to ten hours. The ham should stay on the stove four or five hours before it really starts to cook. It should then simmer very gently. Take up the ham; and if you have time, let it get cold. Remove the skin, trim neatly, and put it on to braise for one hour in Sherry or Champagne. Take up, bake about thirty minutes, and serve with red currant jelly on the top.

Baked Ham with Hot Sauce

Remove the thigh-bone of the ham and let it soak in cold water for twenty-four hours before cooking. Then put it in a boiler and boil gradually for three hours. Take it out and remove the rind. Place it in a tightly covered pan with a few carrots, onions, blade of mace, whole cloves, allspice, bay leaf, and one bunch of cooking celery, and add about four quarts of stock or water. Place the pan in the oven and be careful that your lid fits closely. Let the ham steam slowly for three hours. Remove it from the oven and let it cool in the liquor. If the ham is served hot, send it to the table as soon as taken from the oven. The above is for a ham weighing from eighteen to twenty pounds.

Hot Sauce for Baked Ham

Brown a little flour and butter in the oven until it becomes rather a dark brown. Then remove all the fat from the stock in which the ham was cooked. Strain it and add the browned

butter and flour. Stir well and boil it down, adding a little pepper. Strain the sauce again before serving. Just before sending to the table add a little Sherry or Champagne.

Ham Boiled in Cider

Wash well a fine ham. Soak it over night in clear spring water, and in the morning set it to boil in a kettle of hot cider. The kettle should be porcelain, so that the acid of the cider will not eat the metal and give a metallic taste to the meat. Boil slowly five to eight hours, that is, until the ham is thoroughly cooked, and set to cool in the liquid in which it is boiled.

The cider flavor is finer if a barrel of cider is left out doors to freeze, and after it is about half frozen through the heart of the cider is drawn off for this boiling. This was done for hams used at a supper given by a lawyer to forty or fifty friends. Some of these men were gourmets, and they all marvelled at the "Champagne taste" of the delicious meat. A small bag of spices — cloves, mace, cinnamon — thrown in the boiling cider gives added flavor.

Boiled Ham à la Chamberlin

Put the ham in a tub of cold water, fleshy part downward, skin part up, the night before boiling. Next morning put the ham in a large kettle or pot of cold water to boil. Let the water get hot gradually and continue to cook the ham in a slow boil scarcely more than a simmer. At the end of five hours take the ham out, throw the water out of the pot, and fill it with fresh cold water. Put the ham back immediately and let it simmer or boil slowly five hours more. Then add, according to the money you wish to spend, a gallon of vinegar, or a gallon of claret, or Burgundy, or Champagne, then simmer or boil for three hours more. Then take the ham off, skin it, and put in a cool place; to prevent the ham from tearing, it is always safe to sew a piece of cotton cloth tightly round the

ham so as to fit it as close as a glove. This will keep the meat firm and guard against the neglect of the cook in letting the water boil too fast.

Virginia Ham

Put the ham in bucket of tepid water and allow it to stand all night. In morning put in pot of cold water and allow it to come to simmer, not boiling, and stew five hours. If wine flavor is wished, make a boiling mixture of one quart of Champagne, one quart of Burgundy, a pinch of mace, and a pinch of cloves. Let the ham stand, after taking it off the stove, in its juice twenty-four hours.

Ham Mousse

Cut a slice of raw ham in pieces, rejecting all fat, and put it in cold water for two hours, changing the water quite often. Then drain, dry in a clean towel. Scrape with a sharp knife. Put through a very fine purée sieve. Take the breast of a nice roasted chicken, scrape that also, and put through a sieve. Then weigh chicken, also the ham. There should be four ounces of each, good weight. Put both in wooden bowl, and with a potato masher pound them to a paste. Whip the whites of two eggs and work in with the masher. Set to cool. Make a sauce of one tablespoonful of butter and one tablespoonful of flour. Let both boil, and then add one cup of well-seasoned chicken broth, in which one onion, carrot, celery, whole pepper, and blade of mace have been cooked. Add one-half teaspoonful of salt, one-fourth teaspoon of pepper, a pinch of cayenne, and the yolks of two eggs whipped with a tablespoonful of cream. Set aside to cool. When cold, add it to the meat. Whip half a pint of cream and add to the mixture. Care must be taken not to whip your cream too much; it may separate. Be sure you have it well flavored before you add the cream. Set in the ice-box a few minutes. Decorate your mould, and be

sure it is well buttered so that the decorations stick to it, then put on ice to harden. When well chilled, put in your forcemeat, giving the mould a few knocks on the table to settle the forcemeat to get it even so that it will not break when dished. Thirty minutes before serving, put your mould in pan of hot water. Put buttered paper over it, and poach until it is firm to the touch. Serve with princess sauce.

This mousse may be served hot or cold. It can be done with *all* chicken or *all* ham, according to the taste. Be sure you weigh and measure correctly. Measure your half-pint of cream before you whip it.

Sucking Pig à la Russe with Horseradish Sauce

Boil a fat sucking pig in a soup you have made of vegetables. To make the soup, use vegetables such as usually go to the making of vegetable soup,—carrots, turnips, etc.,—a seasoning of onion, not forgetting a bouquet of majoram, thyme, summer savory, etc. Vinegar should be added to the broth, and therefore a porcelain kettle had best be used. When the pig is thoroughly cooked—its tenderness is tested by a skewer or fork—carve it, sprinkle with parsley, pour the horseradish sauce given below over it, and serve.

Horseradish Sauce

Grate the horseradish, fry in butter mixed with a little bouillon, add several tablespoons of rich cream, and cook until tender. Set off the stove, add the yolks of a couple of eggs, warm again, but do not boil.

This delicious sauce is, in Russia, also often served with corned beef and beef *au naturel.*

Roast Pig

Select a pig about three weeks old. After it is thoroughly cleaned, washed, and dried, rub the inside with one teaspoonful

of salt. Fill it with bread forcemeat and sew up the opening. Press the fore feet forward and the hind feet backward. Skewer them in position, and place in a pan. Rub the entire body with melted butter, dredge it with salt and a little white pepper. Cover the ears and tail with buttered paper to keep them from crisping, and place a piece of wood in the mouth to keep it open. Bake in a moderate oven for three hours and a half, basting it frequently with melted butter. About one-half hour before it is thoroughly cooked remove the buttered paper that the ears and tail may become brown. When cooked arrange on a platter, place a red apple or a piece of lemon in the mouth, and serve with apple sauce.

Roast Pork

Select four pounds of the loin of pork. Rub well with two tablespoonfuls of salt and one teaspoonful of pepper. Let it stand for two or three hours. Place it in a pan with a half cup of water, and roast in a moderate oven for two hours. Baste often with the drippings. When done, the meat should be almost white. Serve on a hot platter, with apple sauce in a separate dish. Make a thick gravy with the contents of dripping pan. Strain and serve in a sauce-boat.

Crown of Pork

Trim and shape ten or twelve pork chops into a crown. Fill the centre with a mixture of sausage meat and bread crumbs moistened with egg. Roast in a moderate oven for one hour and three-quarters. Fry in butter fifty whole, small onions until a light brown, then cook them in stock until tender. Place some in the centre of the pork, the rest used for a garnish. Serve with Espagnole sauce.

Indiana Mock Goose

Parboil a leg of pork and take off the skin. Put it in the oven to roast with a little water in the pan, and baste often

with a mixture of butter, minced or powdered sage, pepper, salt, bread crumbs rubbed fine, and finely minced onion. A goose stuffing may be inserted under the knuckle skin, and the dish may be garnished with balls of fried stuffing. Serve with sour apple sauce or with gooseberry jam a little sweetened.

Mock Duck

Have your butcher split lengthwise a pork tenderloin. Make for it the same stuffing you would make for duck. Sew the tenderloin together, enclosing the stuffing, and roast, basting frequently. Before serving draw out the thread, and send to the table garnished with quarters of apple cooked without sugar.

Walnut Croquettes

Stir in a double boiler a pint of bread crumbs, with enough milk to make a thick smooth batter, and add a teaspoon of salt and a full cup and a half of chopped walnuts. Moisten with a couple of tablespoons of brandy or Sherry, and stir in the well-beaten yolks of four eggs. Take the mixture from the fire and let it get cold, then form croquettes. Dip them in egg, and then in bread crumbs, and fry in deep hot fat. Serve with any sauce to your taste.

CHAPTER VII

POULTRY AND GAME

Chicken Gumbo

CUT two chickens in pieces and fry until a delicate brown in half a cupful of salt pork fat, — obtained by frying half a pound of salt pork slowly. When the chicken is cooked, take it up and put it into a large stewpan. Into the fat in which the chicken was fried put a large onion cut in thin slices and fry slowly for ten minutes. Then add one quart of okra, cut fine, five sliced tomatoes, and two sprigs of parsley. Fry all these ingredients rather slowly for one-half an hour, then add them to the fried chicken. Pour into the dish a pint and a half of boiling water and season with one-half teaspoonful of pepper and two scant tablespoonfuls of salt. Stew slowly for two hours. Then add a cupful of cream and one cup of boiled rice. Taste, to be sure there is enough seasoning, and if there is, boil up once and serve. When fresh okra cannot be obtained, one can of the article may be substituted. The chicken may be a year or more old. A dash of cayenne instead of white pepper may be used.

Marinade of Chicken

Take two medium-sized boiled chickens, when cold cut them up, remove the skin, and place them in a hollow dish with salt, pepper, a sliced onion, chopped parsley, two glasses of oil, and the juice of two lemons. Mix them well and let them steep for one hour. Fifteen minutes before serving, drain; then dip each piece in a flour batter and drop them one by one

in deep hot fat. Give them a nice color, drain on brown paper, sprinkle a little salt over them. Dish on a folded napkin, surrounded with fried parsley, and serve with a bowl of tomato sauce.

Flour Batter for Marinade

One-half pound sifted flour, yolks of three eggs, and cold water to desired thickness. Beat the whites of the eggs to a stiff froth and thoroughly mix with the batter.

Ballottines of Legs of Fowls

Cut open eight fowls' legs, remove all the bones and sinews. Spread the meat on the table, season with pepper and salt, and place a tablespoonful of forcemeat, seasoned with herbs, in the centre of each. Sew them in an oblong or oval shape. Place a few slices of onion, carrot, and celery in a stewpan, arrange the ballottines on them and cover with thin slices of fat bacon. Moisten them half their height with broth, cover with greased paper, place the cover on the pan, and cook them slowly in the oven for half an hour. Baste them frequently. When cooked, remove, and put them in press between two dishes until they are cold. Trim them and place in a saucepan with a little broth and cover with greased paper; let them simmer slowly in the oven for fifteen minutes. Cover them with a glaze, dish them in a circle, with a braised lettuce between each one. Fill the centre with a jardinière of vegetables. Pour Espagnole sauce around the entrée and serve.

Fried Chicken with Cream Sauce

Singe, draw, and cut two tender chickens in quarters. Crack the main bones, flatten slightly, and put in a saucepan with five ounces of melted butter, a little salt, and white pepper. Cover, place over a brisk fire, and fry a light brown on each side. Drain off most of the butter, sprinkle with one ounce of well-sifted flour, mix well, and add one and one-half

pints of cream; cover and boil ten minutes. Remove the chicken and to the sauce add two small pats of butter and the juice of half a lemon. Pour this over the chicken, sprinkle with chopped parsley, and serve very hot.

Chicken Croquettes

Chop and pound to a powder one cup of cold chicken — the white meat. Season with salt, celery salt, and cayenne. Add one cup of thick cream sauce, or more if the thickening will absorb it. Set away to cool. Then shape the chicken in the form you wish, roll the croquettes in fine bread crumbs, then in beaten egg, then in bread crumbs, and fry in deep hot fat.

Chicken Cromeskies

To a tablespoon of butter in a frying pan add a teacup of milk thickened with a tablespoon of flour. To this add a large cup of minced chicken, seasoned with minced mushrooms and parsley, a teaspoon of finely minced onion, and a little salt, and let the whole cook up. Take slices of a boiled ham or slices of uncooked bacon, roll portions of the chicken mixture in them, fixing each piece with a skewer or tying each about with fine twine. Dip in a frying batter or in the white of an egg and fry in deep hot fat. Garnish with sprigs of parsley and serve hot. If mushrooms are not at hand, a little catsup may be used instead.

Chicken à la Marengo

Singe, wash, and dry thoroughly two good-sized fat and tender chickens. Cut them up as for fricassee. Put the pieces in a pan with two ounces of butter and one gill of olive oil, salt, white pepper, a dash of cayenne, and a little grated nutmeg. Fry over a brisk fire until slightly brown on both sides. Drain off part of the fat, add a tablespoonful of chopped shallots, one-fourth cup sliced mushrooms, and a bruised clove of garlic. Fry three minutes longer, then stir in half a pint of

tomato sauce, half a pint of Espagnole sauce, two wine-glasses of Sherry, and a little broth. Cover and let all simmer gently for fifteen minutes. Dish in pyramid form. Fry separately, in very hot sweet oil, eight eggs, a delicate brown and soft. Drain them on cloth, place them round the chicken, and serve.

Poulade à la Royale

Drain, singe, and bone a nice young fowl and stuff it with the following forcemeat: One sweetbread minced fine and rubbed through a sieve. Two ounces of raw veal also rubbed through a sieve, two ounces of raw ham also rubbed through a sieve, four mushrooms pounded well and put through a sieve. Put all in a mortar and pound to a pulp. Mix with the whites of two eggs.

Make a sauce of the following: Melt one ounce of butter in saucepan, add a teaspoonful of chopped onion and let it boil for two minutes, then add one ounce of flour and let it come to a boil. Add half a pint of chicken broth, half a teaspoonful of salt, one-quarter of a teaspoonful of pepper, a pinch of cayenne. Let it boil five minutes. Whip the yolks of two eggs with two tablespoonfuls of cream. Put the sauce in a double boiler, add eggs and cream. Do not let it boil, but continue stirring until it gets thick. Remove at once and set away to cool. When cold, add it to the forcemeat. Draw inside the legs and wings of the fowl, put the forcemeat in the centre of it, sew up the back, giving it its full shape and allowing room for the forcemeat to swell. Put the fowl in a kettle and braise it one hour. Then put it in the oven to brown. Serve with a purée of chestnuts in a plain border or in rosettes round the dish. Also serve a rich brown sauce with it.

Fricassee à la Dauphine

Prepare and cook a chicken for a fricassee. Trim the pieces and place them on a dish. Reduce the stock or sauce to the consistency of Allemande sauce, add a liaison of four eggs,

butter, and cream. When this is thoroughly mixed, strain it through a wet cloth. Dip each of the pieces of chicken in it and replace them on the dish. When the sauce has become set, roll the pieces in fine bread crumbs, then in beaten egg, and again in fine bread crumbs. Arrange in frying basket and fry in deep hot lard until a light brown. When done, drain on brown paper. Arrange them on a napkin. Garnish with fried parsley. Serve with white Italienne sauce in a separate dish, or else arrange on a platter without the napkin and pour Béchamel or Allemande sauce over them.

Chicken Curry

Select a tender chicken weighing about three or four pounds. After singeing and cleaning, wash well and soak it in cold water for ten minutes. Drain and cut into square pieces. Put the pieces into a saucepan with enough hot water to cover them. Add two pinches of salt, one of white pepper, a little grated nutmeg, a bouquet, and six small, white onions. Cook over a moderate fire for forty-five minutes, keeping it well skimmed. Drain off the broth and set the saucepan where the chicken will keep warm. Put half a pint of white sauce—butter and flour—in a saucepan with all the broth and mix thoroughly. Take one tablespoonful of curry which is blended with water, the yolks of four eggs, and the juice of half a lemon. Beat all together thoroughly and gradually stir it into the sauce. Do not let it boil. Pour the sauce over the chicken and serve immediately. Garnish the dish with a border of boiled rice.

Boned Broiled Chicken with Mushroom Sauce

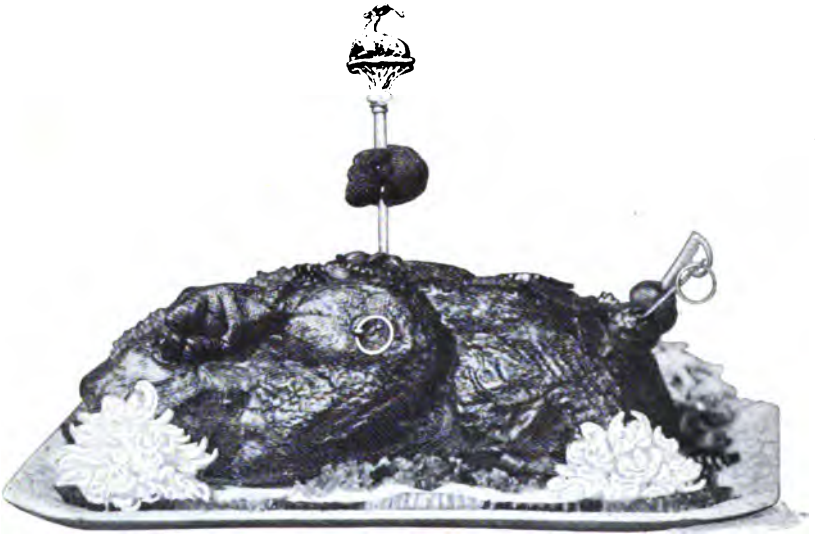
Bone three young chickens, each weighing one and one-half pounds. Season with salt, pepper, and a little lemon juice, and put in a cool place until wanted. Peel one pound of mushrooms and quarter them. Make a sauce of the following: Melt one tablespoonful of butter, add one tablespoonful of

BONED CHICKEN.

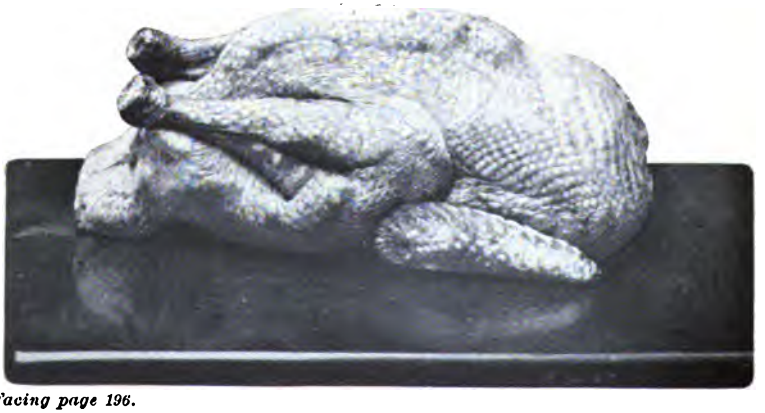
Facing page 184.

CHICKEN TIMBALE.

(See p. 192.)



BONED TURKEY.



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TRUSSED TURKEY.

flour, and let the mixture come to a boil, and then add half a pint of clear, rich consommé. When it boils, add mushrooms; let them simmer five minutes, and then add half a cup of rich cream. Broil your chickens, brush them over with melted butter, and set them in a pan in the oven to keep hot. Have some nice pieces of toast, cut the chickens in halves, and put them on the toast around the platter. Put the mushrooms and sauce in the centre. Serve very hot. Garnish with parsley.

Fricassee of Chicken with Mushrooms

Select two good-sized plump chickens. After they have been drawn, singe them and cut them up in small members or joints in the following manner: First remove the wings at the second joint and the legs at the knotty bend of the first joint; then take hold of the chicken with the left hand, and, with a sharp knife in the right, make two parallel cuts lengthwise on the back about an inch and a half apart, so as partly to detach, or at least mark out where the legs and wings are to be removed; cut both legs and fillets, then remove the thigh bone; separate the back and breast, trim these, then cut the back across in two pieces. Steep the pieces in a pan of tepid water for ten or fifteen minutes. Occasionally squeeze each piece, so as to extract the blood. Next sprinkle the bottom of a saucepan with thin slices of onion and carrot, a little celery, three cloves, twelve peppercorns, a blade of mace, and a bouquet. Place the pieces of chicken in close and neat order upon the vegetables. Moisten with a quart of boiling broth — if not at hand, water will do. Let them boil gently for half an hour, or until sufficiently tender. Keep the pan covered, so they will steam as well as boil. Remove the pieces with a skimmer, drain, and then plunge in cold water. Wash and drain them upon a cloth. Trim and place them in a saucepan and set away in a cool place. Strain the broth the chickens were cooked in. Melt two ounces of butter in saucepan and stir in

two ounces of flour. Stir over the fire for three minutes, but do not let it brown. Remove from the range and stir in the chicken broth. Mix together until it is a smooth sauce. Add the mushroom trimmings, that is, the stems. Stir the sauce over the fire until it boils, then set it where it will boil slowly for half an hour. When it has boiled the full length of time, skim it thoroughly, and then continue boiling until it becomes the proper thickness. Then stir into it a liaison of four eggs, mixed with a little butter and a little cream. In making a liaison, you use twice as much water as you have egg yolks — the butter keeps it from curdling the sauce. Stir over the fire until it nearly boils, then strain it through a wet cloth. Pour over the chicken which is in the saucepan and add half a bottle of button mushrooms. Heat thoroughly, but do not let it boil. Dish it up as follows: First, put the pieces of the back in the centre of the dish, place the legs at the angles, the bones pointed inwardly. Next place the fillets upon these, then set the pieces of breast on top. Pour the sauce over the chicken. Arrange the mushrooms in groups, and surround all with eight or ten glazed croûtons.

Boiled Chicken and Tongue

Draw and truss two young chickens and rub them thoroughly with the juice of one lemon. Tie two or three slices of fat pork or bacon over the breast and wrap them up in a nicely floured cloth. Place them in a stewpan with one quart of consommé. Bring them to a boil and then let them simmer gently until done. Do not let them boil any longer than is necessary. To test: Try the wings with a fork. Let them stand in the pot for fifteen minutes. Have a nice beef tongue boiled tender. Let this also stand in its liquor. Have some fine spinach rubbed through a purée sieve, seasoned well with pepper, salt, butter, and two tablespoonfuls of cream. Heat it thoroughly and let it stand in the saucepan. Set your boiled

fowl in the centre of a platter and put the spinach around it. Cut the tongue in the shape of cutlets and lay the pieces on top of the spinach around the platter. Make a sauce of the stock in which the chicken was cooked. To make the sauce, melt one tablespoonful of butter. When it comes to a boil, add one tablespoonful of flour. Let this come to a boil and then add one cup and a half of stock. Boil five minutes, season to taste, and add one glass of Madeira wine. Pour some of the sauce over the chicken. Serve the rest in a sauce-boat. The chickens may be carved before you dish them, placing them together on the platter, or they may be sent to the table whole.

Creamed Chicken

Clean and cut up in neat pieces two chickens or fowls. Put them on to boil. Before they are done, pare enough potatoes to go nicely with the chickens. Cut them in pieces not more than two and a half inches in diameter, lay them on the chicken, and let them boil until done. Then take up the potatoes in a dish by themselves. Pour a pint (or, if wished, more) of sweet cream over the chickens. Let it heat and then thicken with a scant tablespoonful of flour dissolved in a small half cup of milk. Season to taste with salt, pepper, and fresh butter. If the cream is not rich, more butter will be required.

Chicken Canapés

Cut the meat of a cold chicken in pieces as for chicken salad. Heat in a double boiler a cup and a half of rich milk and in this stir a tablespoonful of corn-starch, rubbed smooth, with the same quantity of butter, half a teaspoon of minced onion and of minced parsley, and salt and white pepper to taste. In this sauce simmer the chicken about ten minutes, and serve on slices of bread toasted or fried in hot fat, or dipped in butter and browned in the oven. Stick in each bit of bread a tree or two of parsley.

Walled Chicken

This dish is made of one large fowl, or two rather small ones, eight medium-sized potatoes, two eggs, four tablespoonfuls of butter, half a cupful of hot milk, three cups of chicken stock,—the water in which the chicken was boiled,—one tablespoonful of finely chopped onion, one sprig of parsley, one slice of carrot, one bay leaf, two generous tablespoonfuls of flour, salt and pepper to suit the taste. It is best to boil the fowl the day before it is to be used. In doing this, clean it and put it in a saucepan, breast down. Cover with boiling water. When it commences to boil, skim it, and set the kettle back on the stove where the chicken will simply simmer until tender—from two hours and a half to three hours. Set the fowl away to cool in the water in which it was boiled. When cool, free it from skin and bone, and cut it in pieces suitable for serving. Season with salt and white pepper. Fifty minutes before serving time peel the potatoes, put in a saucepan, and cover them with boiling water. When they have been cooking for fifteen minutes, prepare the chicken in the following manner: Put three tablespoonfuls of butter in a frying pan with the vegetables and herbs. Cook slowly for five minutes, then add the flour. Stir until smooth and frothy, but not long enough to permit it to get brown. Gradually add the cold chicken stock, stirring all the time. When the liquor boils up, add one-eighth of a teaspoonful of pepper and one teaspoonful of salt, and simmer for five minutes. Put the seasoned chicken in a saucepan, strain the sauce over it, cover and simmer for ten minutes, then set where it will keep hot until serving time. When the potatoes are cooked, pour off all the water. Place the milk in a saucepan on the range, mash the potatoes until smooth and light, then add the milk, one tablespoonful of butter, and a teaspoonful of salt. Beat the whites of the eggs to a stiff froth and stir into the mixture. Have a stone platter very

hot, arrange the mashed potato as a border around the centre of the dish. Beat the yolks of the eggs with two tablespoonfuls of water. Spread it over the potato and place in the oven for ten minutes. At the end of that time pour the chicken into the centre of the border. Garnish with bits of parsley. Any kind of cold meat, poultry, game, or fish may be served in this manner.

Jellied Chicken

Select a chicken or fowl weighing three pounds after it has been cleaned. Also have one-third of a box of gelatine, one slice of onion, one slice of carrot, one bay leaf, one whole clove, some hot and cold water, and salt and pepper in quantities to be determined by one's own taste. Wash the fowl, put it into a deep stewpan with boiling water to cover it. Let the water again come to a boil, then skim carefully, and set the pan where the water will only bubble until the meat becomes tender. When the fowl becomes tender, take it from the water and set away to cool; also set the water where it will cool. Soak the gelatine in one gill of cold water for two hours. When the chicken liquor has become cold, skim it and pour one pint and a half of it in a saucepan with the clove, carrot, onion, and bay leaf. Let them simmer for ten minutes, then add a grain of cayenne and a level spoonful of salt and the soaked gelatine. After straining this liquid through a cloth, pour a thin layer into a mould, and set away to harden. Free the cold fowl of skin, fat, and bones, and cut in thin strips, season well with salt and pepper, lay them in the mould. When the jelly hardens, pour the liquid jelly over the meat and again set the mould away. At serving time, dip it in warm water and turn out on a flat dish. Jellied chicken may be made of the remains of cold roast chicken or turkey or boiled fowl. When there is no stock on hand, the bones of the chicken should be covered with water and simmered for several hours in order to obtain a supply.

Pressed Chicken

Singe and clean a medium-sized chicken. Disjoint it and put it in a saucepan with hardly enough water to cover it. Boil until the meat slips away from the bones and the gristly parts are soft. While hot, remove the skin and separate the meat into medium-sized pieces. Mix the white and dark meat together. Skim the grease from the broth the chicken was boiled in. Season with salt, white pepper, lemon juice, and celery salt. Boil until it is reduced one-half. Strain to free it from the bones, and mix with the meat. Butter a mould and decorate the bottom and sides with hard-boiled egg and thin slices of lemon. Pack the meat, press it down, and put weight on top. Keep in a cold place until wanted. Unmould and serve with a garnish of quartered lemons and parsley.

Galantine of Chicken

Clean and split a nice chicken down the back, bone it, and remove the legs and wings. Spread it flat on the table and fill with the following forcemeat: Take one pound of fat fresh pork and two pounds of veal and the meat from the chicken legs and wings. Scrape and pound in a mortar, then rub through a purée sieve. Add the whites of two eggs and season with salt, white pepper, and a little grated nutmeg. Have at hand some nice thin strips of bacon, the same length as the chicken; also have boiled tongue cut in the same manner, and some truffles cut in small pieces. Spread the chicken with a layer of forcemeat, then a layer of bacon, and then a layer of tongue. Sprinkle with pieces of truffle. When the chicken is refilled, fold it and sew up the back. Wrap it in a clean cloth and tie at both ends. Place in a pan and cover with good stock. Add two carrots, two onions, a little celery, and a little thyme; also the bones of the chicken. Boil slowly for two hours and let it cool in the stock. Take three pints of the stock the chicken was cooked in,

add one box of Cox's gelatine which has previously been dissolved, and one egg. Mix thoroughly and stir over the fire until it comes to a boil. Strain through a wet cloth. Cover the bottom of a mould with the liquid. When it becomes hard, garnish with egg and truffles cut in fancy shapes, then place the chicken in the mould, pour in a little more of the liquid. When the chicken is firm, fill the mould and place on ice until served. Unmould on a dish and garnish with the jelly cut in small dice or chopped.

Terrapin Chicken

Cut one quart of cold cooked chicken in very small pieces and mix with two chicken livers and three hard-boiled eggs chopped rather coarse. Sprinkle all with one level teaspoonful of salt, one-third of a teaspoonful of pepper, and a dash of grated nutmeg. Put three tablespoonfuls of butter in a pan. After it has melted, add two tablespoonfuls of flour and stir until the mixture is smooth. Set the pan where there is less heat and gradually add one cupful of chicken stock. Place it over a quick fire and stir constantly for three or four minutes. Then from one cupful of cream remove four tablespoonfuls, stir the rest into the mixture. Then add the chicken, etc., and cook all together slowly for ten minutes. Beat the yolks of two eggs, add the four tablespoonfuls of cream, and stir into the saucepan. Stir for a minute. At the end of that time remove the pan from the fire, stir in four tablespoonfuls of Sherry and one tablespoonful of lemon juice. Mix thoroughly and serve at once.

Chicken and Rice Pie

Select a fowl weighing about five pounds. Clean and wash it thoroughly. Cut into joints and put in a stewpan with three pints of boiling water, one slice of onion, one slice of carrot, and two whole cloves. Let it simmer until tender. It ought to cook tender in one hour and a half if you select a

young fowl. If it is tough, it may take three hours before it cooks tender. When it is cooked, add one-half teaspoonful of white pepper and two teaspoonfuls of salt. Set aside until time for cooking with rice. Wash and pick over one cup and a half of rice. Drain and put it on to cook with three quarts of boiling water. When it has been cooked for ten minutes add two level teaspoonfuls of salt. Cook ten minutes longer, and then turn into a colander, and drain thoroughly. Then mix it with one teaspoonful more of salt, two well-beaten eggs, half a cupful of butter, and half a pint of milk. Place in a deep baking dish a layer of chicken, then a layer of rice mixture, then of chicken, and so on, finishing with the rice. Cover the rice with one pint of the stock the chicken was boiled in. Bake in a moderate oven for half an hour. Serve in the dish it was baked in.

Chicken Pie

Singe and clean a chicken weighing about four or four and one-half pounds. Cut into twelve pieces. Cover with water and let them soak for thirty minutes. Wash, drain, and cover with water, season with salt and white pepper, a bunch of parsley, six small onions, and five ounces of salt pork cut in small squares. Cook for three-quarters of an hour. Skim often. Stir in one pint of raw potato cut in pieces and four scant tablespoonfuls of flour blended with cold water. Stir constantly until it boils, then cook it for ten minutes. Remove the bunch of parsley. Place the rest in a deep baking dish, moisten the edges with water, cover the top with pastry — some prefer the puff paste. Brush over with a beaten egg. Cut a hole in the centre. Bake in brisk oven for twenty minutes or until the pastry is done.

Chicken Timbale

With the quantity of material that will be given below a one-quart mould or twelve small moulds may be filled. Divide

the work into three parts. To make the forcemeat use the white meat of four medium-sized uncooked chickens, one pint of cream, one-half pint of stale bread crumbs, free of crust, six tablespoonfuls of butter, one blade of mace, one tablespoonful of salt, one-eighth of a teaspoonful of white pepper, and the whites of four eggs. Chop the chicken meat fine, put it in a mortar, and pound it fine, then rub it through a purée sieve. There should be one pint of the prepared meat. Mix the bread, cream, and mace together. Cook slowly for twenty minutes. Then remove the mace, and with a spoon work the bread and cream to a smooth paste. Add the butter, salt, pepper, and meat, and finally add the whites of the eggs beaten to a stiff froth. Beat the mixture until it is thoroughly blended. Then set away to cool. To make the filling use three gills of cream, one pint of cooked chicken cut in small cubes, four tablespoonfuls of chopped mushrooms, one tablespoonful of flour, one heaping teaspoonful of salt, one-eighth of a teaspoonful of white pepper, and one tablespoonful of chopped truffles. Reserve half a cup of cream. Put the rest on to boil. Blend the flour with the half cup of cream and stir into the boiling cream. Boil for one minute, then add the chicken and other ingredients. Cook for three minutes longer. If desired, flavor with a few drops of onion juice. Butter the mould or moulds, and after dotting the bottom and sides with pieces of truffle, line them with the forcemeat, being careful to have every part well covered. The side near the rim will require as thick a covering as any part of the mould. Now almost fill the mould or moulds with the chicken preparation and cover with the forcemeat, being careful to put in only a little at a time, and always work from the outer edge until the centre is reached. Be careful to have the top smooth. If at all round it will not be steady when turned on a dish. Place the mould in a deep pan. Pour in enough warm water to come almost to the rim. Cover the mould with buttered paper and bake in a moderate oven for twenty-five

minutes. It must cook slowly. When quite firm to the touch, turn on a hot dish and serve with Béchamel sauce.

Timbale à la Hyde

Boil a young fowl, take off the meat, and cut it in pieces. Take two ounces of Parmesan cheese grated, one small shallot chopped fine, pepper and salt, and make about half a pint of good rich white sauce with cream and consommé, and mix with the chicken and cheese. Add a little well-cooked and drained small macaroni and two sliced tomatoes. Line a mould with good paste (six ounces of butter to eight ounces of flour or trimmings of puff paste will do), put the mixture in, fold the paste over the top, put a flat weight on, and bake about one hour. Serve with good rich brown or white sauce.

Chicken à la Parisienne

Use the fillets of four chickens, one small can of truffles, one can of mushrooms, eight thin slices of red tongue, the white of one egg, one pint of consommé, half a cupful of clarified butter, one gill of glaze, one tablespoonful of salt, one pint of supreme sauce, and one pint and a half of chicken liver forcemeat. Fillet the chickens and separate the under fillets from the large ones. Curve them all the same way. Pour three tablespoonfuls of clarified butter into a frying pan and arrange the large fillets in the butter, having the smooth side up, and curving them all the same way. Sprinkle them with salt. Arrange the under fillets in another pan with clarified butter the same way as the larger ones. Cut two or three truffles in thin slices and with small fancy vegetable cutters stamp out stars and various shapes. Beat the white of the egg until well broken, but not light. Brush a little on each of the large fillets and decorate them with the fancy shapes of truffles. When all are done, brush lightly with the white of the egg. Let this dry. Cover with a sheet of buttered paper and set in cool place until time for

cooking. Treat the small fillets in the same way, using red tongue in place of truffles. Put the liver forcemeat in a small and plain buttered border mould. Set it in cool place until time for cooking. Cut seven slices of tongue in fillet shape. Put these in a cool place. Make some supreme sauce. Open the mushrooms. Chop the remainder of the truffles rather fine. Half an hour before serving put the mould of forcemeat into a pan with water two-thirds as high as the mould. Cover with buttered paper and place in a moderate oven. In ten minutes open the oven door. Take the paper from the fillets and baste them with three or four tablespoonfuls of melted butter. Replace the papers, arrange in pans, and place in oven with the forcemeat. Cook twenty minutes, leaving the oven door open. While these are cooking put the pieces of tongue into a small stewpan with half the glaze and half a gill of consommé. Cook for ten minutes. Reserve one gill of the supreme sauce and mix the chopped truffles with the remainder. Strain the liquid from mushrooms, add them to the sauce. Drain the butter from the fillets. Remove the papers and pour half of the reserved supreme sauce over each pan of fillets. Cook this on top of the stove for four minutes. Do not let it boil. While this is cooking turn the border of forcemeat on a flat dish. Pour the consommé from the pieces of tongue. Add the remainder of the glaze to them. Arrange the large fillets and the tongue alternately around the border of forcemeat. Pour the mushrooms and sauce in the centre and arrange the under fillets on top. Serve at once.

Roast Capon with Truffles

Select a nice, meaty capon, singe and clean it, and fill it with truffles prepared as follows: Peel, slice, and remove the stringy part from one quart of truffles. Let them stand in their own juice. Melt one pound of butter with salt and pepper, three bay leaves, two sliced shallots, a clove of garlic, and a sprig of thyme. Stir while the butter is melting. Rub through a col-

ander over the truffles. Mix them and let them stand until thoroughly cold. Fill the capon, make it a good shape, and sew both ends so the truffles will not come out. Cover with thin strips of larding pork. Wrap in a thick sheet of white paper which is well oiled, and bake in an oven for one hour and a half. Baste frequently with melted butter. Remove paper and pork. Serve with a gravy made of the strained liquid the capon was cooked in and a little broth.

Descaides, a Jewish Dish

Take the livers of chickens or any other poultry and stew them gently in a little good gravy seasoned with a little onion, mushrooms, pepper, and salt. When the livers are tender, mince them on a pasteboard or in a mortar. Return them to the saucepan and stir in the yolks of one or two eggs, according to the quantity of liver. By the time the mixture is thick have rounds of toast ready on a hot dish and serve the minced liver upon the toast. Garnish with parsley.

Chicken Liver Cromeskies

Cut the chicken livers in two and season with salt and pepper. Fold each piece of liver in a slice of bacon, cut very thin. Fasten with a small skewer and broil over a good fire for ten or fifteen minutes. Serve hot on a piece of hot toast after drawing out the skewers.

Calf's liver may be cooked the same way if it is especially delicate and tender.

Roast Turkey with Oysters

Singe and clean a medium-sized tender turkey, wipe dry, and stuff with the following mixture: Four breakfast cupfuls of oyster cracker crumbs mixed with four breakfast cupfuls of bread crumbs. Stir in the liquor from five dozen oysters, one-half pound of melted butter, and two beaten eggs. Put in the oys-

ters, season to taste, and stuff the turkey. Put the mixture in loosely so it will absorb the gravy. Wrap the turkey in a piece of heavy white buttered paper and roast in a hot oven. Baste it often with melted butter. About ten minutes before removing the bird from the oven take off the paper, sprinkle with flour and salt, and baste with butter to brown it. When cooked, place it on a hot dish. Prepare some brown sauce with the liquid in the dripping pan. Pour some around the turkey and serve the rest in a separate dish.

Scalloped Turkey

Remove all the meat from a cooked turkey, and chop it very fine. Break up the frame and bones, and add the fat, skin, etc., and cover with cold water. Cook down slowly. Butter the inside of a deep baking dish, put in a layer of fine bread crumbs, then a layer of turkey, then some bits of butter and bits of the turkey dressing, if you have any, then another layer of bread crumbs, and so on until all is used. When you think the bones have boiled enough, strain, and thicken with browned flour and season to taste. Pour some into the dish. Then thickly spread fine bread crumbs moistened to a thick paste with the gravy over the entire dish. Cover with another dish, and bake for thirty minutes. Remove the extra dish, and when the top is a nice brown, serve.

Devilled Turkey Legs

Score and trim cooked turkey legs. Season them with salt and pepper. Rub them with some mustard and oil mixed to a paste. Broil over a clear fire. Turn often. When a nice brown, serve with a rich brown gravy poured over them.

Virginia Boned Turkey

Have the bones carefully removed and fill with the forcemeat given under Virginia Boned Turkey Stuffing, page 282.

Broiled Turkey Giblets

Clean and wash two turkey livers and cut them in medium-sized squares. Open and clean the gizzards and cut the heart in two lengthwise. Run a thread through them and boil for three-quarters of an hour in enough stock to cover them. Drain, and cut them the same size as the liver, trimming off all the hard skin. Season them with salt and black pepper, finely chopped parsley, and moisten all with a little olive oil. Have ready as many squares of bacon as you have giblets. Wrap the giblets in the bacon. Put them on skewers one after the other, roll them in finely grated bread crumbs, put them on a gridiron, and broil over a bright fire. Turn them often. When nicely browned, put the skewers on a folded napkin on a dish and serve at once.

Timbale of Turkey Livers with Bread Mixture

Clean and wash eight or nine turkey livers, put them in a pan with one-half pound of fat pork sliced thin, a little salt and pepper, two or three blades of mace, small tied bunch of parsley, two or three finely chopped shallots, and three ounces of butter. Fry carefully over a hot fire until the livers are quite firm. Add one glass of Sherry and cook until nearly dry. Remove the parsley and let the livers, etc., cool. Then pound them in a mortar with one-third of the quantity of bread mixture given below. Gradually add the yolks of eight eggs, two whole eggs, and a ladleful of Espagnole sauce. Rub all through a fine sieve. Then add one and one-half cups of white turkey meat cut in small squares. Mix thoroughly and put in a well-buttered round mould. Cover with a buttered paper and place in a saucepan with boiling water half as high as the mould. Cover the saucepan and boil slowly for one hour. Ten minutes before serving turn the mould on a dish and drain the liquid that may come from it. Cover with Madeira sauce and serve.

Bread Mixture for Timbale

Four ounces of stale white bread crumbs soaked in cold water for ten minutes. Squeeze out dry and put in a saucepan with two ounces of butter. Stir over the fire until the crumbs get pasty and do not stick to pan or spoon. Stir in the yolks of four eggs. Mix well and turn on a plate to cool. Cover with paper well oiled.

Roast Goose stuffed with Chestnuts

Select a tender goose weighing about five pounds. Singe, draw thoroughly, wash and dry. Stuff it with chestnuts prepared as follows: Chop one shallot very fine and put it in a saucepan with two scant tablespoonfuls of butter. Cook for two or three minutes. Then add one-quarter of a pound of sausage meat. Cook five minutes. Then add twelve finely chopped mushrooms and twelve cooked chestnuts which have been peeled and pounded in a mortar. Add one pinch of salt, one-half pinch of white pepper, one-eighth of a teaspoonful of powdered thyme, and a teaspoonful of finely chopped parsley. Let all come to a boil and add one ounce of fresh bread crumbs and twenty-four French chestnuts cooked, shelled, and whole. Mix thoroughly, being careful to keep the chestnuts whole. When cold, stuff the goose with this mixture. Sew both ends, truss, and wrap in heavy white buttered paper. Roast in moderate oven for one hour and a half. Baste with the drippings, dress on a hot platter. Skim the fat from the drippings, add one gill of white broth. Let it come to a boil. Strain into a sauceboat and serve. Also serve apple sauce with the above.

Baked Wild Goose

Clean and prepare the goose as for roasting and soak it in salted water for five or six hours. Cut an onion in pieces, not too small, and put in the inside of the goose. Sew it up and

place in pan of boiling water. Let it boil twenty minutes. Take it out, remove the onion, and stuff it with the following forcemeat: One cup and a half of mashed potatoes, a small head of celery chopped fine, four hard-boiled eggs, and half a pound of salt pork also chopped very fine. One small grated turnip, a little chopped onion, a tablespoonful of salt, one of vinegar, and a little pepper. Moisten the mixture slightly and stir together thoroughly. Sew up the opening, truss the goose, and place it in a pan with a teacupful of stock. Brush it over with melted butter, cover with greased paper, and bake in moderate oven. When cooked, place it on platter and pour a little mushroom sauce or celery sauce around it.

Roast Canvasback Duck

Select a fat canvasback duck. Singe, clean, and wipe thoroughly. Rub inside lightly with a little salt. Press in the head from the end to the back. Truss it securely. Sprinkle with a little salt and roast in a brisk oven for eighteen minutes. Pour in the bird about two tablespoonfuls of white broth. Serve on a very hot dish with sliced fried hominy as a garnish. Serve currant jelly in a separate dish. The quicker the cooking the finer the flavor. Ducks should not be overcooked.

Prepare redhead ducks and mallard the same way.

Steamed Duck with Turnip

Singe, wash, and dry two medium-sized tender ducks. Place in a pan with a little butter and roast in a hot oven for fifteen minutes or until brown. Leave them whole and put in casserole or stewpan. Cut white turnip in strips one-half inch square and two inches long, measure three pints. Scald them with boiling water. Drain and spread them over the ducks, then season to taste with salt and white pepper. Pour in two cups of bouillon, cover securely, and steam in slow oven for two

hours. Remove the duck to a platter. Skim off the grease and pour broth over the duck. Garnish with the turnip.

Salmi of Duck

Use two medium-sized cold roast ducks, one can of mushrooms, sixteen stoned olives, one pint of Spanish sauce, one-half pint of clear stock, one gill of Sherry, one tablespoonful of lemon juice, one teaspoonful of salt, a little cayenne, and twelve pieces of fried bread cut in triangles. Cut the duck into medium-sized pieces and place in a saucepan with the salt and pepper. Cover with the stock and let it come to the boiling-point. Then add the olives and mushrooms and boil for five minutes. Now add the Spanish sauce and cook until it comes to a boil. Then add the Sherry and lemon juice. Cook a minute or two. Arrange the duck in a mound on the dish. Surround it with a border of fried bread. Pour the sauce over the duck and serve very hot. This is enough for twelve people.

Fillets of Ducklings

Draw and singe some fat ducklings. Separate the breasts from the legs and backs by running the knife just above the thighs and cutting through the upper part of the back under the wings. Roast the backs and use them for making the bigarade sauce. Place the breasts in a deep earthen dish, season with coarse white pepper, salt, chopped parsley, bay leaf, thyme, the juice of one lemon, and three tablespoonfuls of salad oil. Let them soak for two or three hours. About three-quarters of an hour before dinner arrange the fillets on a skewer and place the seasoning over them. Cover with a big sheet of greased paper and cook in an oven for about twenty minutes. At the end of that time remove the paper and seasoning and brown them. Remove the fillets, trim them, and score them. Then put them in a saucepan with some of the sauce and allow

them barely to simmer until warmed through. Dish them in a close circle with a fried croûton of bread between each fillet. Pour the bigarade sauce over the entrée and serve.

Roast Quail

After the desired number of quail have been cleaned, cut off the heads and feet, arrange the joints, and wrap each bird in a piece of larding pork. Place them in a saucepan just large enough to accommodate them. They must be packed tightly side by side. Cover them with boiling water. Sprinkle in some salt and white pepper. Place them over a hot fire for five or ten minutes. Remove the pork and dry each bird with a cloth. Rub them thoroughly with butter and roast them until a nice brown in a very hot oven. Baste two or three times with a little melted butter. Take the liquor in which they were boiled, strain it, and mix with an equal quantity of melted currant jelly. Serve in separate dish. Also serve cold currant jelly. Serve the birds when they are very hot.

Quail à la Royale

Bone eight quail, stuff them with chicken liver forcemeat, and truss them in the usual way. Place them in a stewpan with a few slices of carrot, an onion with two cloves stuck in it, and a bouquet. Add one pint of white broth, cover with a buttered paper, put the lid on, and let them cook slowly at the side of range for about three-quarters of an hour. Leave them in their liquor until they are partially cooled. Then remove them and set away to become cold. When cold remove the strings and roll each bird in bread crumbs, then in beaten egg, and then again in bread crumbs. A short time before serving place them in a frying basket and plunge in hot lard. Fry until a delicate brown. Serve on hot platter. Pour Allemande sauce around them.

LARDED QUAIL.

Facing page 202.

GAME PÂTÉ.

CREAM CHEESE-BALL SALAD.

Facing page 224.

TOMATO SALAD.

Quail with Stewed Peas

Clean and truss eight quail in the same manner chickens are trussed for boiling. Place them in a stewpan with half a pound of bacon streaked fat and lean, a bouquet in the centre. Cover with thin layers of fat bacon and moisten with good stock seasoned with Sherry wine. Let them stew gently for three-quarters of an hour. Prepare one pint of stewed peas, mix them with a little of the quail stock reduced to a glaze. Arrange the quail in a circle with their breasts placed outwards and a thin slice of bacon between each one. Fill the centre with the stewed peas. Mix a little of the quail stock with Espagnole sauce, pour it around and over the quail, and serve.

Pigeon Pie

Arrange thin slices of sirloin beef in the bottom of a deep, flat-edged earthen baking dish. Season with salt and pepper, some herbs, chopped fine, and one ladle of Espagnole sauce. Split in two pieces, four or more squabs, trim and flatten them, season, and arrange over the beef with more fine herbs, six sliced hard-boiled eggs, and one ladleful of Espagnole sauce. Wet the edge of the dish, lay an inch wide flat rim of puff paste on it, wet again, and cover the whole with a large thin piece of paste, and trim and press the edges. Brush the surface with egg, make a few incisions, and cut a hole in the centre. Bake in a moderate oven for one hour, pour a little Espagnole sauce through the hole, and serve hot.

Ballottines of Squab

Bone as many squabs as are required and stuff them with a chicken forcemeat. Form each squab into a nice shape and sew up on the back. Place them in a buttered pan and season to taste. Cover with a buttered paper. Place the pan in the oven for fifteen minutes. Put a ruffle on each leg and garnish with water cress. Serve hot with Italienne sauce.

Partridges à la Malaga

Clean and truss four or six partridges as for boiling, and fry them in four ounces of fresh butter until they are a light brown. Remove and set aside on a plate. Have at hand one pound of ham that has been soaked and parboiled and cut it in small pieces about the size of an olive. Have also ready twenty-four small pieces of the red part of a carrot cut with a small scoop and also as many very small onions. Fry the ham and vegetables until they are a light brown. Remove them and mix with the partridge in another stewpan. Add a bouquet, a little salt, a dash of cayenne pepper, two good glasses of Madeira or Sherry wine, and one tablespoonful of thin tomato sauce. Cover and set the stewpan where the contents will simmer slowly for three-quarters of an hour. The liquid should be reduced about one-half. When the partridges are cooked, dish them in a triangular form. Skim the grease from the liquid and vegetables, add a tablespoon of Espagnole sauce, and the juice of half a lemon. Boil all together for two minutes. Place the ham, carrots, and onions in separate groups around the partridges. Strain the sauce through a wet cloth. Pour it over the partridges and serve. The centre of dish may be filled with boiled peas.

Fillets of Partridge à la Jardinière

Fillet three partridges and separate the under fillets from the larger ones. Season with salt and pepper. Then dip them in a mixture consisting of one tablespoonful of chopped parsley, one tablespoonful of lemon juice, and half a cup of melted butter. Let the butter cool on them, dip them in two well-beaten eggs, then in fine bread crumbs, and fry in hot fat. The large fillets ought to cook in six minutes, and the small ones in four minutes. Drain them on brown paper. Arrange vegetables à la Jardinière in the centre of a large dish. Rest the fillets against them, and pour Béchamel sauce around the base. Serve very hot.

Fillet of Grouse

Fillet of grouse may be prepared the same way as fillet of partridge. All the small birds may be filleted in the same way, but the time of cooking is only two-thirds as long as for the large ones.

Prairie Chicken Fricassee

Follow the directions for chicken fricassee or for creamed chicken. A sauce may be made to stir in the fricassee by taking a little of the liquor in which the chicken is boiled, cooking in it minced or sliced mushrooms, adding a bit of butter, salt, and pepper, and stirring in fine before serving.

Prairie Chicken Roasted

After preparing the bird for cooking, truss it, and bind it with thin slices of fat salt pork. Baste it often while baking in a quick oven. The flesh will be dry if it is not well basted. The basting liquid should be of water in the bottom of the pan, a lump of butter, pepper and salt, the juice of half a lemon. When serving remove the pork, tie paper frills upon the leg bones, lay the chicken in a bed of parsley, and let it be well wet with the liquid in which it is cooked.

Roast Snipe or Woodcock

Draw each bird neatly and fill in with a piece of bread and butter, well seasoned with pepper and salt. Round each bird fold a thin piece of pickled pork, fastening the blanket with the bill of the bird. Place them in a row in a porcelain dripping pan, and nearly cover with port wine. Cook half an hour, basting frequently. Add a little butter if it is necessary in making the gravy in the pan, and serve the birds hot between two strips of bread toasted a light brown and buttered.

Roast Saddle of Venison with Sauce

Trim and lard very finely a saddle of venison weighing about six pounds. Tie it around three or four times. Put it in a pan, and sprinkle one tablespoonful of salt over it, and spread one ounce of butter over. Roast in brisk oven for forty-five minutes. Baste it often. Remove the string before placing it on a dish. Mix one-half glass of Sherry with one gill of white broth. · Pour into the drippings and let all come to a boil. Skim off the fat and strain over the venison. Serve with the following sauce in a separate dish : —

One wine-glass of Sherry. Let it come to a boil. Then add one-half pint of currant jelly. Stir until thoroughly dissolved, then add one gill of Espagnole sauce. Stir until it comes to a boil and serve very hot.

Roast Belgian Hare

After the hare is thoroughly dressed, let it soak for a couple of hours in a good brine. By this process you loosen the film and stringy skin that covers the flesh of the rabbit family. At the end of the two hours wipe the flesh dry and lard it with narrow strips of bacon, drawing the fat through the flesh of the hare in spaces of an inch apart. In your dripping pan — a porcelain-lined one is best, since you use an acid — put two tablespoons of butter, a little chopped bacon, and the hare slightly dredged with flour. As the flesh takes on a brown, pour over it a third of a cup of weak vinegar (if vinegar is very sour use less, and add water), and after this is well absorbed baste frequently with a half pint of cream which has been salted and peppered. Cook the hare until tender. Serve with sliced lemons and parsley.

CHAPTER VIII

SALADS, SAUCES, AND ASPICS

Allemande Sauce

TAKE two ounces of flour and two ounces of melted butter. Stir a few minutes on the fire without allowing it to brown. Dilute with three pints of well-skimmed and strained chicken broth. Stir to a boil, season with salt, pepper, and nutmeg, and boil half an hour. Skim, finish with four egg yolks mixed with a little water, four ounces of butter, a little cream, and lemon juice. Stir on the fire long enough to cook the eggs without boiling the sauce and press immediately through a wet cloth.

Asparagus Sauce

One of the best sauces to serve with asparagus is made in this manner: Mince one small onion and cook it in one tablespoonful of butter for five or six minutes, but do not brown it. Add two tablespoonfuls of flour and a seasoning of white pepper and cook a few moments longer. Add one pint of either veal or chicken broth, one tablespoonful of salt, and a grating of nutmeg. Beat up the yolks of two eggs and a little lemon juice. Remove the saucepan containing the sauce from the fire and beat in the egg yolks gradually. Strain the sauce, add some butter in small pieces, and serve.

Béarnaise Sauce

Mix one gill of vinegar and two ounces of finely chopped shallots. Put in a covered saucepan and cook until the vine-

gar is almost all reduced. Set it away until cold, then stir in the yolks of four raw eggs, and season with salt and white pepper. Cook over a slow fire, stirring all the time, and gradually adding one and one-half ounces of clarified butter and the same quantity of olive oil. All butter may be used. Stir mixture with wire whisk. Strain through a cloth, stir in some finely chopped tarragon and parsley, and serve hot. This sauce should be as thick as a mayonnaise dressing.

Béchamel Sauce

Take two ounces of butter and two ounces of flour mixed together over the fire. Do not let it brown. Add one quart of milk, a little salt, white pepper, grated nutmeg, and one bay leaf. Boil, stirring constantly for ten minutes. Then add four ounces of butter and one pinch of sugar. Mix thoroughly and strain through a wet cloth.

Bigarade Sauce

Cover the carcasses of two or more roasted ducks with water, season to taste. Boil until it is of a strong flavor. Then strain, clarify, and reduce to a demiglaze. To this add one small cup of thick Espagnole sauce, the juice of one orange, and the rind of two others entirely free from the white pith. Cut the rind into small diamond shapes, and blanch them in boiling water for three minutes before adding to the sauce. Boil all together for five minutes in a double boiler.

White Bordelaise Sauce

Take one tablespoonful of finely chopped shallots fried in a little butter, half a pint of velouté sauce, one small glass of white wine, salt and white pepper to taste, and boil five minutes. Add a little lemon juice, finely chopped parsley, and a small pat of butter. Mix well and serve hot.

Brandy Sauce

Take one cup of powdered sugar, one tablespoon of butter. Rub them to a cream and moisten with one tablespoon of cream. Beat until very light. Then gradually stir in one wine-glass of brandy. Place the saucepan in pan of hot water and stir the mixture until it comes to a boil. Serve hot in a sauce-boat.

Bread Sauce

Boil half an onion, and half a cup of fine white bread crumbs in one pint of milk until the desired consistency. Remove the onion without breaking it, add one tablespoon of butter, one-half teaspoon of salt, and a dash of white pepper.

Brown Sauce

Take one pint of clear brown stock, one clove, one piece of carrot, onion and celery cut in inch squares. Stir over the fire until they come to a boil. Blend two level tablespoonfuls of corn-starch with five tablespoonfuls of water, stir with the stock, and cook for fifteen minutes. Then add two tablespoonfuls of butter, one teaspoonful of salt, one-eighth of a teaspoonful of pepper. Simmer for five minutes longer. Strain, and use as directed.

Brown Sauce

Put two tablespoons of butter, two tablespoons of flour in a saucepan. Stir over the fire until a dark brown. Add one pint of water or brown stock, stir until thick and smooth. Season to taste with salt and black pepper. Lemon juice, currant jelly, catsup, or wine, etc., may be used to flavor.

Brown Sauce

See Fried Chops, p. 164.

Drawn Butter

To one heaping tablespoon of butter take one heaping tablespoon of flour, a little salt, and enough hot water to dissolve this

cream. Thicken by standing the saucepan in hot water. Chopped parsley or the crushed yolks of hard-boiled eggs may be added to this. Let it stand (covered) in the hot water until ready to serve.

Butter Sauce

See Artichokes, p. 233.

Celery Sauce

Cut the white parts of four heads of celery in small pieces. Wash thoroughly and parboil for five minutes. Then drain and place in a pan with half a pint of white broth. Let the broth boil until almost dry. See that the celery is tender. Then mix with the desired amount of Allemande sauce.

Cheese Sauce

Mix two tablespoonfuls of butter and one tablespoonful of flour, add one cup of cream, and stir over the fire until all begins to thicken. Stir in three tablespoonfuls of Swiss cheese, a little white pepper, and salt.

See Cheese Timbale, p. 277.

Chops à la Signora Sauce, p. 167

Purée of Chestnuts

Pour boiling water over one quart of chestnuts and let them cook for ten minutes. Strain, and remove the outside skin. Put them in kettle and boil until they are tender. Then rub them through a fine sieve and season with one tablespoonful of butter, one teaspoonful salt, one-fourth teaspoonful white pepper. Mix well until light and creamy. Then add one-half cupful of milk or cream. Serve hot.

Clam Sauce

Take one quart of freshly opened Little Neck clams, half a pint of water, an ounce of butter, and boil five minutes. Mix

two ounces of butter, one ounce of flour, and a little nutmeg together, and add one-half pint of boiling water, and one-half pint of clam liquor. Stir with egg-beater, boil a minute or two, add two egg yolks, twice as much water as egg yolks, and a little lemon juice. Strain through a wet cloth. Then mix in four ounces of butter, drain the clams, put them in the sauce, and serve hot.

Creamy Sauce

Cream one-fourth cup butter and half a cup of powdered sugar. Beat in slowly two tablespoons of wine or rich fruit syrup and two tablespoons of cream. Serve cold or hot. If served hot, stir over steam until the sauce is heated through.

Purée of Cucumbers

Peel and slit, each in four pieces, six nice cucumbers. Remove the seeds and cut in slices. Parboil, drain, and put in a saucepan with one ounce of butter, and stir on the fire until thickened. Add two ounces of flour, kneaded in butter, salt, white pepper, and a little sugar. Dilute with a pint of milk. Stir until the mixture boils, remove, and rub through a sieve. Add one ounce of butter and serve hot.

Curry Sauce

Put two ounces of butter in a saucepan with one finely chopped onion, a small bunch of parsley, and one ounce of chopped raw ham. Cook over a slow fire until the onion is soft, add one tablespoonful of flour, and a tablespoonful of curry powder; mix well. Stir in one and one-half pints of white broth. Boil fifteen minutes. Rub through a fine sieve, boil again, then add a thickening of two egg yolks, two ounces of butter. Mix well, without boiling, and serve.

Custard Sauce

Put one pint of milk in a saucepan with a small bit of vanilla bean. Stir over a slow fire until the milk comes to a boil. Remove the bean and add three eggs, thoroughly beaten, and granulated sugar to taste. Stir constantly over the fire until the sauce becomes of the desired consistency.

Egg Sauce

Mix together three ounces of butter, two ounces of flour, a little nutmeg, and salt, and pepper. Do not melt the butter. Add one pint of boiling water, and stir with whip to get sauce smooth. Then boil for a moment. Stir in the yolks of two eggs, four ounces butter, and a little lemon juice. Press through a wet cloth and add two hard-boiled eggs, chopped fine.

Espagnole Sauce

Cut in small pieces, two carrots, two onions, one-half pound of veal,—no fat,—one hock of ham, and place in a saucepan with four ounces of butter, a few peppercorns, and one bouquet. Stir over a hot fire until a light brown. Drain the butter off and moisten the mixture with half a pint of Sherry wine, six quarts of beef broth, and three-fourths pint of tomatoes. Boil one hour and skim and strain. Melt seven ounces of butter, add one-half pound of wheat flour. Stir over a slow fire until a light brown, using wooden spoon. When partially cool add gradually the strained preparation of meat, vegetables, etc. Stir until the mixture comes to a boil, then set at the side and let it boil slowly for one hour. Add more broth if the sauce is too thick. Skim, press through a damp cloth, and stir occasionally until it is cold. The above makes four quarts of liquid. A smaller quantity can be made by reducing the proportions exactly.

How to make Glaze

Boil one quart of rich consommé until it becomes a thick, gluelike substance. You should have about half a pint. A demiglaze is made with one quart of consommé, boiled down to one pint. The glaze gives a smooth, shiny surface to cooked meats. When used, it should be melted over a pan of boiling water and applied with a brush.

Demiglaze Sauce

One glassful — small — of mushroom liquor, one pint Espagnole sauce, one small glassful Madeira wine, one bouquet, one scant teaspoonful pepper. Remove the fat carefully and cook for thirty minutes. Strain and use when needed.

Herb Sauce

See Broiled Shad, p. 113.

Horseradish Sauce

See Sucking Pig à la Russe, p. 177.

Ham Sauce

See Baked Ham, p. 174.

Sauce for Devilled Ham, etc.

Blend one tablespoonful of Coleman's mustard with two ounces of granulated sugar, two ounces of butter, two tablespoonfuls of Chutney Indian Club, two tablespoonfuls of Worcestershire sauce, and a small glass of claret. Let all simmer slowly on range for five minutes. Strain and serve hot. This sauce will keep for a long time if in a cool place.

Hollandaise Sauce

Rub one-half cup of butter to a cream and add the yolks of four eggs, first mixing one in before adding the other. As you add each egg, add a little lemon juice; in all, the juice of one-

half a lemon will do. When well mixed add salt and pepper and pinch of cayenne. Mix well again. Have one-half cup of good clear consommé and add by degrees. Set in pan of hot water and cook until thick. Do not let it boil. Should it happen to curdle, drop the white of an egg in, without being whipped. Stir in well and it will make it all right. Do not put on the fire again.

Italienne Sauce

Put one tablespoon of butter in a saucepan with one tablespoonful of chopped parsley, one teaspoonful of onion, chopped very fine, and one tablespoon of chopped mushrooms. Boil all together for two minutes, then add one tablespoonful of flour. Boil one minute. Add one cup of white stock and let all boil five minutes. Then add a small cup of white wine. Boil quickly until thick. Set aside until ready for use.

Jardinière Sauce

See Sweetbread Jardinière, p. 157.

Lemon Sauce

Mix three heaping teaspoonfuls of corn-starch with one cup sugar and stir in two cups of boiling water. Cook eight minutes, stirring often. Add the grated rind and juice of one lemon and one tablespoonful butter. If too thick add more butter.

Lobster Sauce

After removing the meat from a good-sized boiled lobster, boil the shells in one scant quart of water for twenty minutes. Strain and use the broth to make a cream sauce. Cut the lobster meat in small pieces and powder the dried lobster coral. Stir both into the sauce. Add a dash of cayenne and two tablespoonfuls of lemon juice.

Broiled Lobster Sauce, p. 135.
Lobster à la Brooklyn Sauce, p. 136.
Devilled Lobster Sauce, p. 141.

Lyonnaise Sauce

Fry four finely chopped onions in two ounces of butter until a light brown. Add a tablespoonful of white wine vinegar, and one pint Espagnole sauce. Stir and boil five minutes. Add one pinch black pepper and a little chopped parsley.

Madeira Sauce

Put in a saucepan the yolks of six eggs, three ounces of granulated sugar, and one-half pint of Madeira wine. Beat the mixture over the fire with an egg-beater until it is thick and frothy. Serve hot.

Maître d'Hôtel Sauce

Thicken a couple of ounces of butter with a small tablespoon of flour, stirring it over a gentle fire for ten or fifteen minutes. Then pour to it in small portions half a pint of rich veal broth or gravy, mixing the whole well as it is added and letting it boil up between each portion, for unless this is done the butter is apt to float on the surface. Simmer the sauce for a few minutes, then add salt, a dash of cayenne, three teaspoons of minced parsley, and the juice of a small lemon.

Martinot Sauce for Fish

Cook one tablespoonful of butter, one tablespoonful of flour, one teaspoonful of chopped onion, one-half can of tomatoes, one-half teaspoonful of sugar, one-half teaspoonful of salt, all together for ten minutes. Strain into another saucepan and add the yolks of four eggs with one tablespoonful of cream and a little nutmeg. Set the pan in hot water and add four ounces of butter, *small piece at a time*. Set over the fire and stir until smooth. Then remove from fire and add a little lemon juice or tarragon vinegar. Strain through a strainer and then add a little whipped cream.

Maryland Sauce

In a mortar put the yolks of four hard-boiled eggs, one tablespoonful butter, one-half teaspoonful of salt, one-fourth teaspoonful of white pepper, and a pinch of cayenne. Rub until mixture is smooth. Then add a scant tablespoonful of flour. Mix well. Stir in one-half cup of consommé, one glass of Sherry, glass of Madeira wine, and one tablespoonful of brandy. When all comes to a boil, stir in one cup cream.

Mint Sauce

Mix one cup of vinegar, one-half cup of powdered sugar, and two cups of fresh mint leaves, finely chopped, and let them stand one hour, or until the vinegar is strongly flavored with the mint. Serve with roast lamb.

Mushroom Sauce

See Fillet of Beef, p. 148.

Mushroom Sauce

See Boned Boiled Chicken, p. 184.

Mussel Sauce

Cleanse, wash, and blanch or stew two quarts of mussels. Remove the meat from the shells and place where it will keep warm. Reserve the liquor in a basin. Knead four ounces of butter with two ounces of flour, add some white pepper, a dash of grated nutmeg, and salt. Stir in the liquor from the mussels and half a pint of cream. Then add a mixture of four egg yolks and twice as much water as you have egg liquid. Stir over the fire until the sauce becomes the desired consistency. Strain through a wet cloth and pour over the mussels. Just before sending to the table add some finely chopped parsley and a little lemon sauce.

Prince of Wales Sauce

Place in a mortar and pound thoroughly the yolks of two hard-boiled eggs, one teaspoonful of finely chopped chives, a few capers, one-fourth teaspoon of mustard, the yolk of one raw egg. Then add one tablespoon of salad oil, one teaspoonful of tarragon vinegar, pepper and salt to taste. Rub through a sieve. It is then ready for use.

Princess Sauce

Melt one tablespoonful of butter in a saucepan and add one tablespoonful of flour. When this comes to boil, add a pint of chicken broth, one bay leaf, a clove of garlic, a sprig of parsley, a head of celery, and one tablespoonful of chopped ham. Cook all together for ten minutes. *Then strain.* Add a teaspoon of beef extract and cook a few minutes longer. Then add a tablespoon of Madeira wine, salt and pepper to taste. Serve very hot. Do not cook after adding wine.

Purée of Potatoes

Peel and wash eight potatoes, cut them in slices, and place them in a stewpan with two ounces of butter, a little salt and white pepper. Moisten with one pint of white broth, put the lid on the pan, and let it boil until the broth is reduced. By that time the potatoes are done. Stir in one-half pint of cream and with a wooden spoon reduce the purée on the fire to the consistency of mashed potato. Rub it through a wet cloth. Heat thoroughly and stir in one lump of butter.

Shad Sauce

See Roast Shad, p. 115.

Shrimp Sauce

Beat a scant cup of butter to a cream, then stir in two tablespoonfuls of flour. Beat until light, then pour in one and a half

tablespoonfuls of anchovy and one tablespoonful of lemon juice. Mix this with a pint of boiling water. Mix thoroughly and stir over the fire until it is just about to boil. Stir in two gills of fresh shrimp with the tails split and add a dash of cayenne. Let the sauce get very hot and serve at once.

Sole Sauce

See Sole Normande, p. 118.

Spanish Sauce

Have at hand one generous pint of consommé, three tablespoonfuls of gelatine dissolved in four tablespoonfuls of flour, four tablespoonfuls of butter, two tablespoonfuls of finely chopped onion, one tablespoonful of finely chopped carrot, one tablespoonful of finely chopped celery, one ounce of lean ham, one bay leaf, one sprig of parsley, two whole cloves, a little mace, salt, and pepper. Soak the gelatine in one gill of consommé for one hour or two. Cook the butter and vegetables for ten minutes. Do not let them burn. Then add the flour and cook until it is brown. Stir constantly. Set the saucepan at the side of range and gradually stir in the consommé. Boil for three minutes, stirring all the time. Set the mixture where it will simmer for two hours. Then add the gelatine liquid. Cook fifteen minutes longer. Skim off the grease and strain. Serve hot.

Purée of Spinach

Pick and wash one peck of spinach and boil it until tender. Then drain it in a colander and chop and pound it until it becomes a soft paste. Place it in a saucepan with four ounces of butter, salt and pepper to taste, and, if desired, a little grated nutmeg. Cook for eight minutes, then stir in one ladleful of velouté sauce and one quart of white broth. When thoroughly heated, rub it through a wet cloth. If not used at once set in cool place. Twenty minutes before serving, see that it is just

at the boiling-point, then add a lump of butter and a little bit of fine sugar. Mix all very thoroughly and serve hot.

Supreme Sauce

Take one pint of chicken stock, a shin of veal to weigh about two pounds, one quart of water, one teacupful of butter, five tablespoonfuls of flour, one small onion, one slice of carrot, two cloves, a bit of mace, a dash of grated nutmeg, one bay leaf, one sprig of parsley, two teaspoonfuls of salt, one-third of a teaspoonful of white pepper, and half a pint of chopped mushrooms. Cut the veal in small pieces, put in a pan with the cold water, spices, and vegetables. Cook slowly for four hours. Strain and put away to cool. When cool, skim. Add this stock, which should be jelly, to the chicken stock. Put the butter over the fire. When hot, but not brown, add flour. Stir until smooth and frothy. Set the pan back and stir until it is slightly cool, then gradually add the chicken and veal stock. Stir until this boils, then add the mushrooms, salt and pepper. Move the saucepan back where the heat is sufficient to keep the sauce bubbling at one side of the pan. Let it cook for two hours, then skim and strain through a fine sieve. This sauce should be clear and velvety. It must cook slowly.

Tartare Sauce

Season mayonnaise dressing to taste with finely chopped shallots, capers, and vinegar pickles. If too thick, thin it with vinegar.

Tongue Timbale Sauce

See Tongue Timbale, p. 150.

Tomato Sauce

Stew one-half can of tomatoes. Cook one tablespoonful of chopped onion in one tablespoonful of butter until it is yellow.

Blend one tablespoonful of corn-starch with a little water and stir into your tomatoes, adding onions and butter. Cook until the mixture thickens and strain before serving. Water or stock may be used with the tomato.

Tomato Sauce

See Crab Farcie, p. 132.

Vénitienne Sauce

Prepare a sufficient quantity of Allemande sauce for the purpose required. Just before serving add a good spoonful of blanched tarragon leaves, cut into diamond shapes, and a small lump of butter, a spoonful of tarragon vinegar, and, if desired, a little grated nutmeg.

Velouté Sauce

Cover with water one knuckle of veal cut in small pieces, some chicken parings or a fowl, and season with salt. Boil and skim well. Add one carrot cut in quarters, one onion with three cloves stuck in it, a bunch of parsley, two leeks, stalk of celery, and a few peppercorns. Cover and boil slowly for two hours. Skim off the fat and strain stock through a damp cloth. In another saucepan mix three ounces of flour with two ounces of butter, stir, and cook a little without browning. Add two quarts of the stock and boil slowly for one-half hour. Skim and strain through a napkin.

Venison Sauce

See Roast Saddle of Venison, p. 206.

Vinaigrette Sauce

Mix half a pint sweet oil, two tablespoons of vinegar, pepper, salt, and chopped shallots to the taste, and a little chopped parsley. Beat well with wire whip and serve immediately.

White Sauce

Melt one tablespoonful of butter and stir in one tablespoonful of flour, half teaspoonful of salt, one-eighth teaspoon of white pepper, one cup of milk or white stock. If the liquid is cold, stir it all at once into the flour, etc., and stir constantly as it thickens. If liquid is hot, add one-third at a time, stirring well until each portion has thickened. If not smooth, strain before using. One may use capers, chopped hard-boiled eggs, chopped parsley, celery salt, lemon juice, oysters, cooked celery, for flavoring. If one desires a thicker sauce, double the quantity of butter and flour.

Wine Sauce

Mix one-half cup of butter and one cup of powdered sugar, beat it to a cream, add the well-beaten yolk of one egg; beat the white of one egg and add to the mixture. Flavor with Sherry wine and vanilla to taste. Stir in about three tablespoonfuls of boiling water. Place the bowl of sauce over a pan of boiling water and stir until it becomes a thick cream. Serve at once.

Yellow Sauce

Cream one-half cup of butter with one-half cup of light brown sugar. Stir over hot water until liquid, then add the well-beaten yolks of two eggs, one saltspoon of ground mace, one-half cup of wine or fruit juice. Stir until it thickens.

Cream Salad Dressing

Heat to a boil five tablespoons of good vinegar, one teaspoon of salt, and half a teaspoon of white pepper. Beat well the yolks of five eggs and over them pour the hot vinegar. Put all over the fire and stir constantly till the mixture thickens, when you add two tablespoons of butter. Set away carefully covered. When used, thin with good cream and season to taste.

Cream Salad Dressing

A delicious cream boiled dressing for salads that may be used where oil is not liked. Cream two tablespoonfuls of butter, add a teaspoonful each of salt and sugar, half a teaspoonful each of mustard and paprika, or a dash of cayenne in place of the latter. Put the yolks of two eggs slightly beaten in a double boiler, add slowly four tablespoonfuls of hot tarragon or plain vinegar, beating constantly until thick. Remove from fire, add the seasoned butter, beat thoroughly, and when perfectly cold, add three-quarters of a cup of whipped cream and serve.

French Dressing

Six tablespoonfuls of oil, three tablespoonfuls of malt vinegar, one-half teaspoonful of tarragon vinegar. Add salt and white pepper to taste. Mix well together. Serve with lettuce, cold asparagus, etc.

French Dressing

Six tablespoonfuls of oil, three tablespoonfuls of malt vinegar, one-half tablespoonful of tarragon vinegar, salt and white pepper to taste, the white of one egg, and four tablespoonfuls of cream. Mix well together with wire whisk. Serve with lettuce, cold asparagus, etc.

French Salad Dressing

Three tablespoons of olive oil, one tablespoon of vinegar. Mix salt, red pepper, a little mustard, and a trifle of sugar; stir smooth with oil; to these ingredients add the oil and vinegar.

Mayonnaise Dressing

A scant half teaspoonful of mustard and a little water mixed to a thick paste. Stir in the yolk of one egg, then add olive oil — a teaspoonful or two at a time until you have the desired amount. Stir constantly with a fork. Season with

vinegar, salt, dash of cayenne, and lemon juice if desired. Should the dressing thicken too quickly, thin it with vinegar. Should it curdle, commence again with a little mustard paste, yolk of another egg, and gradually stir in the first mixture. Keep on ice until served.

Mayonnaise Dressing

Have at hand the yolks of two eggs, one-half a teaspoonful of salt, one-half an eggspoonful of mustard, and a little white pepper. Mix the yolks and mustard together with a fork, then add olive oil very slowly — not more than a few drops at a time. Keep stirring and adding the oil until the mixture becomes thick and creamy. Add salt, white pepper, and malt and tarragon vinegar — more malt than tarragon. The vinegar will serve to make it thin, so use it accordingly. Serve with lettuce, celery, tomatoes, etc.

Union Club Dressing

Have at hand two hard-boiled eggs, — *very hard*, — two pimento peppers, one-half a small onion, one small bunch of chives, one small garlic, and three or four sprigs of tarragon. Chop the peppers, onion, garlic, and chives very fine, also the fresh tarragon. Take the white of one egg and mince it very fine — you can do this with a fork. Rub the yolks of two eggs through a sieve, mix with the white of egg, and then add six tablespoonfuls of oil and two of tarragon vinegar, the chopped peppers, onion, chives, and garlic, salt to taste and a dash of red pepper. Stir briskly for five minutes or more. Be sure to have it properly mixed and it will be quite thick. Serve with lettuce or water-cress in place of French dressing.

Asparagus Salad

Lay large, well-cooked asparagus in a salad bowl, having all the heads one way, and pour over a liberal French dressing. Serve thoroughly cold.

Cabbage Salad

Pour a little boiling water in a saucepan, add one and a half cups of vinegar, two teaspoonfuls of granulated sugar, three tablespoons of cream, and one teaspoonful of Coleman's mustard. Mix well, adding salt and white pepper to taste. When the mixture comes to a boil, stir in the well-beaten yolks of three eggs. Set away to cool. Shave one head of cabbage in small strips. Soak in cold water to make it crisp. Dry thoroughly and mix with the dressing.

White and Red Cabbage Salad

Take a red cabbage and a white cabbage, and having well washed and drained them, shave in long, thin strips. Arrange the strips tastefully in a salad bowl, either in diameter strips or in tufts of red in a bed of white, and garnish to taste.

A dressing good for the cabbage is made of the yolks of two hard-boiled eggs rubbed smooth with a teaspoon of mustard, a tablespoon of finely minced onion, an egg well beaten, and a teaspoon of sugar, and salt and pepper to taste. Add a small cup of oil and vinegar to make it of the right sourness, and pour over the cabbage, which should be thoroughly cold. Serve at once.

In making this salad the Germans sometimes boil the cabbages for five minutes (in separate saucepans) and then put the cabbages in cold water till used.

Cold Slaw

Shave a head of cabbage in small strips, soak in cold water to make it crisp, dry thoroughly, and serve with a dressing made as follows: Mix one egg well beaten, one tablespoon of vinegar, two tablespoons of sour cream, butter the size of a walnut, and half a tablespoon of mustard, one tablespoon of sugar, and salt and pepper to taste. Stir thoroughly and pour over the cabbage, mixing it in well.

Cold Slaw

Shave or chop the cabbage (not too fine), and make the dressing as follows: Two eggs, a scant one-third of a cup of vinegar, one heaping teaspoon of salt, one heaping teaspoon of sugar, a little cayenne pepper. Stir all well together, adding the vinegar slowly and stirring all the time. Set the saucepan into another of hot water to thicken the dressing. Boil the water very slowly under it and stir constantly to prevent lumps. During the thickening raise the saucepan that contains the mixture from the water occasionally and stir and set it back. When the dressing is quite thick and smooth remove, and add a teaspoon of butter and cream. If wished, add a dessert or tablespoonful of olive oil.

Cheese Salad

To one cup of minced chicken add half a pound of soft tender American cheese and half a cup of pickled cauliflower chopped coarsely together. Rub soft the yolks of two hard-boiled eggs, add one teaspoon of French mustard, three tablespoons of vinegar, four tablespoons of oil or melted butter, and cayenne and salt to taste. Pour this sauce over the salad and garnish with the white of the egg cut in rings and branches of pickled cauliflower.

Cream Cheese Salad

Color the cream cheese a delicate green, using either the juice of boiled spinach or vegetable coloring, and form it in balls or eggs the size of a walnut. Take a flat salad dish and make nests of the tender leaves of lettuce, and in each nest put three or four eggs of the cheese. With these serve mayonnaise dressing and crisp salted biscuits or water crackers.

Chicken Salad

Remove the meat from a chicken that has been boiled in salted water, and cut into pieces about one inch square. Wash and scrape some nice celery. Soak in cold water to make it crisp. Dry thoroughly and cut in pieces about the same size as the chicken. Have about three-quarters as much celery as you have chicken. Mix both together and make very moist and rich with a mayonnaise dressing. Arrange on dish, shape nicely, and cover with more dressing. Garnish and trim with white celery leaves, hard-boiled egg, and a few capers sprinkled over the top.

Halibut Salad with Cucumber Spirals

Halibut salad is an appetizing, warm weather dish for luncheon or Sunday night's supper. Steam a slice of halibut three inches thick. Its flavor is improved if a soup bunch is thrown into the steamer with it. It is done when tender enough to remove the skin and bone, which should be accomplished while it is still hot without disturbing the shape. Pour over it a French dressing made of four tablespoonfuls of olive oil, two of vinegar, with salt and pepper to taste. When cold arrange on a bed of lettuce hearts and fill the cavity from which the bone was taken with the best of them.

This dish is prettily garnished with curls, spirals, or cups of cucumber, made as follows: Cut a cucumber crosswise in sections three-quarters of an inch thick. Cut each section round and round in one long, thin paring. Mayonnaise dressing fills these cups, or is served with the fish in a separate sauce cup if the cucumbers are served in the usual way, that is, sliced with a French dressing.

Lobster Salad

Cut the meat of the lobster in pieces about one inch square. Place them in an earthen bowl and season with a French dressing of olive oil, vinegar, and a little salt and white pepper

Wash and thoroughly dry the white leaves of lettuce. Arrange on a flat dish in the form of shells. Drain the lobster and mix with enough mayonnaise dressing to make it rich and creamy. Fill each shell with it and pour a little mayonnaise on top of each one. Garnish the dish with lettuce leaves.

Cold Meat and Potato Salad

Cut one pound of cold meat into inch squares and mix with one pint of chopped, cold boiled potatoes. Put a layer in the bottom of a salad bowl, sprinkle with a little parsley, celery, and onion chopped very fine, and moisten with a salad dressing of oil, vinegar, salt, and white pepper. Then spread another layer of meat and potato, and so on till all is used. This dish should stand for two or three hours before serving.

Oyster Salad

Scald oysters until they are plump, and then put them in cold water while they are boiling hot, so as to make them firm. Put them to one side and boil five eggs hard. Take off the whites and chop very fine. Lay a bed of white lettuce in a long dish. Place the oysters in this. Cover the oysters with a mayonnaise dressing. Over them place the yolks of the eggs, which have been mashed very fine, and lastly the chopped whites of the eggs. Do not let it stand very long before serving. If you do, the oysters and mayonnaise will become watery. Be sure the lettuce is thoroughly dried.

Pineapple Salad

Select a large, ripe pineapple, and after cutting off the top, remove the inside, leaving only the shell. Next remove the skin and seeds from a few grapes, then take two ripe bananas, skin them, and cut into small pieces. Also cut the pineapple and grapes in small pieces. Mix all with mayonnaise dressing, replace in the pine shell, and serve.

Russian Salad

Cut in thin slices some cold salmon, chicken, and partridge. Arrange them in a dish and mix with them in small quantities some cooked turnips, carrots, cauliflower, and asparagus tops, — each vegetable cut in small pieces, — a few capers, shrimps, and a small portion of caviare. Make a dressing of mustard, oil, vinegar, a dash of cayenne, and one tablespoonful of minced shallots. Pour the mixture over the contents of salad dish and set on ice until served. This salad should be made so that each and every article can be tasted, but none should be pronounced.

Aspic Jelly

Soak one box of gelatine in half a pint of consommé for two hours. At the end of that time put one pint and a half over the fire. As soon as it reaches the boiling-point add, with the liquid gelatine, a gill of Madeira or Sherry wine, two tablespoonfuls of tarragon vinegar, two tablespoonfuls of lemon juice, and one teaspoonful of salt. Place the pan on a cool part of the range where it will cook slowly. Stir constantly for five minutes. Strain through a flannel bag or cloth. The jelly should be as clear as crystal.

Aspic of Chicken

Use half the rule for aspic jelly, one pint and a half of tender, cooked chicken free from skin, fat, and bones, and cut into dice, three slices of the red part of a cooked carrot, and three slices of cooked beet, the white of one hard-boiled egg, one teaspoonful of salt, and one-third of a teaspoonful of white pepper. Prepare the mould as for foie gras, but decorate it with beet, carrot, and the white of egg. When the layer of jelly which completely covers the vegetables is hard, season the chicken with salt and pepper and arrange it on the top, being careful

to leave a space of about one-third of an inch between the chicken and the mould. With a spoon sprinkle a gill of the liquid jelly over the meat. Let it stand about half an hour to harden. At the end of that time pour the remainder of the jelly into the space between the chicken and the mould. Let it stand several hours. At serving time turn on a flat dish. If a border mould, fill in centre with celery salad, — mayonnaise and small pieces of celery. Be careful not to drop anything on the aspic. Garnish the border with sprays of white celery.

Aspic de Foie Gras

A small round or oval border mould is preferred, although any shape will do. Have at hand one of the smallest jars of foie gras, half the rule of aspic jelly, one truffle, and the white of one hard-boiled egg. Place the mould in a pan and surround it with cracked ice and a little water. Pour the liquid jelly into the mould to the depth of half an inch. Let this stand until it hardens. Then decorate it with the white of an egg and the truffle, which has been cut in thin slices and stamped with a fancy vegetable cutter. Moisten them with a little liquid jelly and let them stand about ten minutes so that the jelly may harden and hold them in place. Next, gently pour in another layer of jelly about one-quarter of an inch thick. Let this harden. Scrape all the fat from the foie gras. Dip it for half a minute in hot water. Wipe it dry and cut in thin slices, then in pieces about one inch square. Spread a layer of these over the congealed jelly. Cover with the liquid jelly and wait until it hardens before adding the second layer of foie gras. Continue until the mould is almost filled. Finish with a thin layer of liquid jelly. Set in cool place for three or four hours. Serve on a flat dish. If a border mould has been used, fill in the centre with Tartare sauce garnished with stuffed olives.

Aspic of Trout

Clean, wash, and dry a good-sized fresh trout. Fill the cavity with veal forcemeat for fish and truss the head. Place it in a saucepan, cover it with broth, and boil it until it is done. Have ready a long piece of fried bread as long as the fish, cover the bread with paper, and when the trout is cold, drained, and thoroughly dry, place it on the top with the butter beneath it. Glaze with a half set aspic jelly, decorate the edge with jelly croûtons. Garnish the base with halves of hard-boiled eggs and small heads of lettuce cut in half, and serve with a mayonnaise dressing.

Calf's-foot Jelly

Bone and soak four calf's feet in cold water for one hour. Wash well, parboil, and then boil with four quarts of water until soft. Skim off all the fat, pass the liquid through a wet cloth. Put some in a saucer and set on ice to cool so as to test it. If too hard, add water; if too soft, boil a little longer. Put three pints of the liquid in an earthen saucepan with four cloves, a little ginger and cinnamon, the juice of two lemons, twelve ounces of granulated sugar, and a gill of Madeira wine. Beat two eggs with a little water, mix into the preparation, and stir over the fire until it comes to a boil. Strain twice through a jelly bag. Pour into eight or more crystal jelly glasses. Cool thoroughly, serve one to each person.

Chicken Jelly served with Any Salad

Take one fowl chopped in small pieces, — use feet, head, and all the bones, — one quart of cold water, one bay leaf, and season well with salt and white pepper. Put over fire and let come to a boil. Then push the kettle back on the range where the mixture will simmer slowly for five hours. Strain and set away to cool. After removing all the fat, replace it on the stove and add the white of one well-beaten egg to clear it.

Be sure the whole is well seasoned. Then pour in a fancy shaped mould. When it begins to set, stand a cup or glass in centre, and when the jelly is cold carefully remove the cup. Fill the gap left by the cup with cream and Philadelphia cream cheese whipped together. Cover this with a little of the jelly. To serve turn the jelly on a dish. Garnish with small sandwiches of Graham bread. Instead of cheese and cream, one may use pâte de foie gras or any filling desired.

CHAPTER IX

VEGETABLES AND FARINACEOUS FOODS

Boiled Artichokes

WASH the artichokes well in several waters and soak them for a few hours in salted water to remove any insects which may be in the leaves. Trim away the leaves at the bottom. Cut off the stems. Place them in boiling salted water and boil until tender. Leave the saucepan uncovered while they are boiling. To two quarts of water add one tablespoonful of salt and a pinch of washing soda about the size of a pea. The last-named ingredient tends to keep them green. They are sufficiently cooked when the leaves can easily be removed. Drain them and serve with a little white sauce poured over them. Serve melted butter in a separate dish. This vegetable will cook in less than half an hour.

Artichokes à la Lyonnaise

Pull off the leaves without damaging the bottoms of the artichokes, which must be turned smooth with a knife. Cut the artichokes into quarters, and, after removing the fibrous parts, parboil them in salted water for about five minutes. Then drain in a colander and plunge them in cold water. Drain them on a cloth and arrange them in a circle in a saucepan which is thickly spread with four ounces of butter. Sift a dessertspoonful of powdered sugar over them. Season with salt and coarse white pepper and moisten with one glass of white wine and a tablespoonful of rich consommé. Place them on a slow fire and let them simmer gently for three-quarters of

an hour, taking care they do not burn. When cooked they should be a nice yellow color and nicely glazed. Dish them in the shape of a dome, showing the bottom of the artichokes only. Remove any leaves that may have broken off in the saucepan. Add a small cup of Espagnole sauce, two medium-sized pieces of butter, and a little lemon juice. Let this simmer over the stove and stir constantly with a spoon. When the butter has been thoroughly mixed with the sauce, pour it over the artichokes and serve.

Artichokes à l'Italienne

These are prepared the same as above, except brown Italienne sauce must be substituted for Espagnole sauce.

Artichokes with Butter Sauce

Trim the bottom of six artichokes, cut off the tips of the leaves, and boil them in salted water for three-quarters of an hour. When done, drain them on a sieve and then soak them for five minutes in cold water. Remove the fibrous portion from the inside with the handle of a tablespoon and put them back in some hot water for a few minutes. When warmed through, drain them upside down, putting them on a cloth to absorb the moisture. Pour a little butter sauce inside each one, and serve with some of the sauce in a separate dish. Melted butter with a little lemon juice mixed with it may be used in place of the sauce.

Butter Sauce

Mix one heaping teaspoonful of flour and one gill of cold water, add a little salt, two peppercorns, a dash of grated nutmeg, a clove, and half an ounce of butter. Stir over the fire until it comes to a boil. Let it cook slowly for fifteen minutes. Remove from the fire and gradually add one-half pound of fresh butter and the juice of one lemon. If the sauce

should become too thick, add a little more water. Strain through a wet cloth.

Baked Asparagus

Scrape, wash, and bunch as much white asparagus as required. Boil until rather firm, then drain on a cloth without cooling. Have the following sauce prepared: Mix a scant pint of thick Béchamel sauce with three egg yolks and three ounces of grated Parmesan cheese. Stir over the fire until it comes to a boil. In an oval buttered baking dish range a layer of asparagus, — all the heads one way, — cover the eating part only with some of the sauce and a little grated cheese. Add another layer of asparagus, etc., until the whole is used. Finish with the sauce, grated cheese, and a few fresh bread crumbs. Put small pieces of butter on top. Do not have any of this mixture on the stalks. Cover the stalks with a curved tin sheet so that only the mashed part will be exposed to the heat, and bake to a nice brown. Take off the tin sheet and serve.

Baked Asparagus

Cut the stalks into inch lengths and boil them slowly in salted water. When tender, drain and arrange in a baking dish, pouring over a rich, drawn butter sauce or sauce Hollandaise. Grate a good cheese — Parmesan is the best — over the top and brown.

Baked Asparagus

First cook the asparagus in water till tender, and then put it in a baking dish with about one tablespoonful of the grated Parmesan scattered between each layer. Melt one tablespoonful of butter in the frying pan, and when it is quite hot fry two tablespoonfuls of chopped onion till brown. Pour this over the asparagus, add another sprinkling of the cheese, and last of all some fine bread crumbs. Brown delicately in a hot oven.

Fried Asparagus

Fried asparagus is made just exactly as well from the canned variety of the vegetable as from the fresh. Drain the asparagus on a cloth, season it with white pepper and with salt. Dust it lightly with flour, then dip in beaten egg, and roll in sifted bread crumbs. Fry it in hot fat. The best plan is to use half butter and half lard, the whole being strictly limited in quantity. Serve on a hot dish.

Asparagus Canapés

Scrape lightly the stalks, boil until the stalks are tender, when half done add a little salt. When done prepare each bunch to serve on separate plates. Take a slice of toast, dip quickly in the asparagus water. Lay this on the plate, sprinkle a very little salt over it, also pour a small quantity of melted butter. Lay the asparagus on this. Remove the string from the bunches. Sprinkle a little more salt over it and over this pour melted butter.

Brussels Sprouts in Cream

Take off any loose leaves hanging from the sprouts, put them in cold water, and let them stand half an hour so that if any insects are in them they will come out. Then put them on to boil, using one quart of sprouts to two quarts of boiling water. They will probably be done in twenty minutes or half an hour. Have them well cooked, but not softened to lose their shape. Toward the end of the boiling add a tablespoonful of salt. Drain off the water, add a dash of pepper, and a small cup of cream in which a teaspoon of flour or corn-starch has been stirred. Let the sprouts simmer five or ten minutes in the cream and serve.

Baked Bananas

Fill a baking dish with bananas which have been peeled, cut in halves, lengthwise, and crosswise. To one banana allow two tablespoonfuls of water, one of sugar, one teaspoonful of melted butter, one of lemon juice, and a few grains of salt. Baste often and cook slowly a half an hour or till the bananas are red and syrup thick. Serve very hot.

Banana Fritters

Beat three eggs, one pint of milk, and flour enough to make stiff batter, add one teaspoonful of baking powder. Peel the bananas. Cut them in four pieces. Dip each one separately in the batter and drop in boiling fat. Fry three or four minutes, drain on paper, and serve with wine sauce. Sprinkle with powdered sugar before serving.

Stuffed Cabbage

Select two medium-sized solid cabbages. Remove the loose leaves, wash carefully, and soak them in salted water for one hour. Then parboil for fifteen minutes. Cool in fresh water, press the water out, and set them on a cloth to drain. Make a forcemeat with one-half pound of raw, lean veal and one-half pound of fat pork. Chop fine, pound well, and rub through purée sieve. Season with salt and white pepper, grated nutmeg, and chopped parsley, add the yolks of four eggs, and mix well. Slit the cabbages, cut out the cores, and fill with the forcemeat. Place them together and wrap them in thin slices of fat pork. Tie them with strings. Put them in a saucepan with a quart of broth and one glass of Sherry wine. Cover and cook slowly for two hours and till the liquid is reduced to a glaze. Dish up the cabbage, untie the strings, remove pieces of pork, and drain. Take off the fat from the glaze, add two ladlefuls of brown sauce to the saucepan to

dilute it. Pour the sauce over the well-drained cabbages and serve hot.

Mushrooms make a delicious stuffing for the cabbage when they are boiled, chopped, seasoned with salt and pepper, fried, and finally mixed with half their quantity of boiled rice and eggs, allowing two eggs to a head of cabbage.

Colonial Dutch Sour Cabbage

Carefully shave or chop the head of a white cabbage and put it in a saucepan with a little hot water. Cover closely and let it cook slowly on the back of the range in its steam and juice for four or five hours. A little before time to serve, add salt to taste, a small tablespoonful will commonly do, a large cup of thick sour cream, a dash of pepper, and let all boil up so that the cream will cook into the cabbage.

At last, just before serving, add a tablespoonful of vinegar or more if the vinegar is weak, stir it in thoroughly, and serve.

During the cooking the cabbage may need more water. If so, add boiling water and so little of it that when it is time to add the cream the water will be almost cooked out. If your cabbage head is large, you may need more than a cup of cream. The cream should be enough to whiten and oil all the cabbage. If sweet cream is used, you may need more vinegar. Sour cream is best when obtainable.

Carrots à l'Allemande

Prepare two bunches of spring carrots, keeping their original shape, but making them all equal in size. Parboil them in salted water for about ten minutes. Drain them in a colander and plunge them in cold water. Drain them again and lay them on a napkin. Then place them in a deep saucepan with two ounces of fresh butter, two ounces of loaf sugar, and about one pint of good consommé. Put the lid on and let them boil

very gently over a slow fire for half an hour. Then set them to boil briskly until their liquor is reduced to a glaze. Serve in a round-bottomed dish, building them up in a perfect dome. Garnish with Allemande sauce mixed with a little finely chopped parsley. Pour the remainder of the glaze over the carrots and serve very hot.

Carrots with Cream Sauce

Peel and cut enough new carrots in one-sixth of an inch slices. Put them in a saucepan with one-half pint of water, a little salt, tablespoonful sugar, and one ounce of butter. Cover and cook about one-half hour, tossing occasionally. Add a liaison of three egg yolks, — the liaison including twice as much cold water as you have liquid yolks when beaten, — and one-half cup cream, one ounce of butter, and chopped parsley. Mix carefully by tossing in the saucepan. Serve at once.

Baked Cauliflower

Pare off the green leaves and boil two heads of cauliflower in salted water and a small piece of butter. Drain, season inside and out with salt, pepper, and a little grated nutmeg. Put in dome form on a buttered baking dish. Mix one scant pint of thick Béchamel sauce with four egg yolks and four ounces of American or Parmesan cheese, grated. Let all boil a minute, cover the cauliflower with it, and smooth with the blade of a knife. Then sprinkle with fine bread crumbs, more grated cheese, and a few bits of butter. Bake to a nice color twenty minutes.

Boiled Cauliflower

Select a medium-sized cauliflower. Trim neatly and soak it in salt and water for two hours. Then examine it thoroughly and wash it in fresh water. Place it in a saucepan with a small handful of salt, white pepper, and enough water to cover

it. Boil until tender for one-half hour or more. Drain in a colander, place on a dish, and cover with a rich white sauce or a Hollandaise sauce.

Cauliflower with Parmesan Cheese

Remove the green stalks and if large divide into quarters one or more fresh cauliflowers. Wash and soak in salted water for one hour. Then place in hot water with a lump of butter, a little salt, and coarse white pepper. When cooked tender, drain on a sieve. Arrange cauliflower, flowerets down, in a deep dish, in a few minutes invert on the dish it is to be served on and entirely cover it with the following sauce: Mix one cup of velouté sauce with four ounces of Parmesan cheese, with beaten yolks of four eggs, a good-sized lump of butter, a little lemon juice, salt and white pepper to taste. Stir this over the fire until it is well mixed. Do not let it boil. After making the cauliflower with this sauce, smooth the top, and cover it with a coating of Parmesan cheese. Place in the oven for fifteen minutes until it is a nice brown. Garnish with fried bread cut in fancy shapes. The bread may be arranged in the shape of a cornucopia and the cauliflower placed in it before it is masked. Then there is no danger of the cauliflower spreading.

Fried Cauliflower

Parboil two cauliflowers in salted water. Drain and break them in small bunches. Make a batter of two tablespoons of olive oil, six ounces of flour, salt and white pepper, three eggs, and one glass of milk. Beat with an egg-beater until very smooth. Dip each piece of cauliflower in this batter and then drop one by one in deep hot fat. Fry until crisp and light brown. Drain on brown paper and serve on a folded napkin.

Celery à la Villeroi

Clean six heads of celery and cut them in pieces about six inches long. Parboil them in water for ten minutes and then immerse them in cold water. Drain them on a sieve and afterward place them on a saucepan with enough white broth to cover them. Let them cook over a slow fire for one hour. When done, drain on a cloth to free them from all the moisture. Cover them with some reduced Allemande sauce and set away until cold. Roll them in fine bread crumbs, then dip in beaten egg, then in bread crumbs again. Arrange in wire basket and fry in hot lard until they become a light brown. Drain on heavy brown paper and serve very hot.

Celery à la Crême

Wash and cut the celery in small pieces. Put them in a saucepan and cook gently till tender in a broth of chicken or veal. Water may be used instead of the broth. Add cream in the proportion of a cup of cream to two cups of the chopped celery. Season with salt and pepper and let the whole boil up. If a thickening is wished, stir a little flour in the cream.

Buffalo Corn Oysters

Cut down each row of kernels on fresh sweet corn-cobs, running a sharp knife down the centre of each row, and then scrape out the pulp. Do not cut the kernels off the cob. To one cup of the pulp add the yolk of one egg, a seasoning of butter, pepper and salt, and, just before frying, the white beaten stiff. Drop from a spoon into a hot frying pan, in which a little butter is melted, and fry a golden brown.

Corn Fritters

One pint of grated sweet corn, one and a half cups of milk, one-half cup of flour, one tablespoonful of melted butter, two

eggs, a little salt and pepper, and one teaspoonful of baking powder. Mix the milk and well-beaten eggs together, add the melted butter and seasoning, then the flour and baking powder sifted together, lastly stir in the grated corn. Drop by the tablespoonful in hot fat. Drain on brown paper and serve very hot.

Stuffed Cucumbers

Pare off the peel and both ends of some large cucumbers and cut in lengths about two inches long. Remove all the seeds. Parboil them in salted water and drain thoroughly. Then fill each piece of cucumber with chicken forcemeat. Arrange them in a saucepan which is lined with thin slices of bacon, then cover them with slices of bacon. Moisten them with a little beef broth and cook over a slow fire for half an hour. When they have become quite tender, drain them on a cloth and serve them with Espagnole sauce.

Stuffed Cucumbers with Sauce

For six or eight persons peel four cucumbers of good size. After cutting off the ends, cut each cucumber into two parts. Remove the seeds with an apple corer. Put a tablespoonful of salt in one quart of cold water. Put the cucumbers in the liquid and set away in a cool place. Chop about one-quarter of a pound of veal in fine pieces. See that there is no gristle or fat. Mix one gill of milk and one-third of a gill of fine bread crumbs. Cook until it becomes a smooth paste. Ten minutes will probably be long enough. Then add the veal, one-half teaspoonful of salt, one-eighth of a teaspoonful of pepper, an eighth of a teaspoonful of thyme, one-quarter of a teaspoonful of onion juice, one teaspoonful of butter, and one well-beaten egg. Remove the cucumbers from the water, dry thoroughly and fill with the forcemeat. Pack them solidly and be careful to have the ends of the cucumbers smooth. Lay them in a stewpan. Pour over them one pint and a half of boiling veal

stock or chicken stock, adding one bay leaf. If the stock has no seasoning, add one-half teaspoonful of salt and one-fifth of a teaspoonful of white pepper. Cover and let them simmer for three-quarters of an hour. When served, place the cucumber on thin slices of toast. Cover with the following sauce and serve at once : —

Sauce

Rub together until smooth three tablespoonfuls of butter, one generous tablespoonful of flour, then add three gills of white stock, a bit of carrot the size of a quarter of a dollar, one slice of onion the same size, a sprig of parsley, a clove, a bay leaf and a little grating of nutmeg, half a teaspoonful of salt, a fifth of a teaspoonful of white pepper. Simmer for half an hour. Add one teaspoonful of lemon juice. Strain and serve.

Fried Egg Plant

Prepare a medium-sized egg plant two or three hours before cooking. Peel and cut it in even slices about one-quarter of an inch thick. Place them on a dish, sprinkle each slice with a little salt and pepper. Put them in press with a heavy weight on top. This will extract all the bitter taste. Dip each slice in beaten egg, then in fine bread crumbs. Fry in hot fat until a nice brown. Season with a little salt, drain on brown paper, and serve very hot. If one prefer, the egg plant may be dipped in thin batter instead of egg and crumbs, and cooked in the same way.

Stuffed Egg Plant

Take two medium-sized egg plants. Cut off the stem, slit lengthwise in halves, tracing the incisions inside. Fry the plants until soft, then drain. Then take two ounces of butter, two ounces of finely chopped pork, two ounces of finely chopped shallots, one pint of chopped mushrooms. Stir and cook ten minutes. With a tablespoon take up most of the fleshy part of

the egg plant, put with the above preparation, and season with salt, pepper, and chopped parsley. Mix thoroughly and put this stuffing in the egg plants on a baking dish. Sprinkle with fresh bread crumbs and grated cheese — Parmesan or American. Drop a little sweet oil over and bake light brown in a pretty hot oven. Slide on a dish, pour a ladleful of brown sauce round it, and serve.

Boiled Hominy

Wash one cup of white hominy, and after draining, place in a double boiler. Add one teaspoonful of salt and one quart of boiling water. Boil moderately for one hour or until tender.

Braised Lettuce

Trim, wash, and scald twelve white heart cabbage lettuces. Drain them on a cloth, cut and spread them open, season with pepper and salt, tie each one up with a string, and place in a pan on thin layers of fat bacon. Add a carrot, a small bouquet, and an onion with two cloves stuck in it. Cover with a buttered piece of paper and moisten with the toppings from white stock. Boil slowly by the side of the fire for fifty minutes. Drain them on a sieve. Then remove the strings. Press them neatly in a cloth and open each lettuce head with a knife. Turn the ends of the leaves so as to give to the lettuce a smooth, rounded end. Cut off the stalk and place each lettuce head carefully in a saucepan. Strain the liquor they were boiled in. Remove every particle of grease and boil down to the consistency of a half glaze. Add it to the lettuce and fifteen minutes before they are required set them in the oven to get warm.

Fried Lima Beans

Put three pints of shelled Lima beans in salted boiling water and cook until they are tender. Drain thoroughly and put in a saucepan with four ounces of melted butter, salt and

pepper to taste. Shake the pan over a brisk fire for a few minutes, add finely chopped parsley and a little lemon juice. Shake thoroughly, to mix all together, and serve.

Macaroni à la Reine

Take eight ounces of macaroni, break it in pieces three or four inches long, wash it in cold water, and at once drop it lightly and by degrees into a pan of boiling water. Let it boil until the pipes are tender, which may be in about fifteen or twenty minutes. When it is half done, add a tablespoon of salt, and shake the pan now and then to keep the macaroni free from the bottom. When cooked, turn it upon a sieve or colander to drain. Have ready ten ounces of rich, well-flavored white cheese, dissolved in a pint of cream. Add to the cream and cheese a little salt, a rather full seasoning of cayenne, and a couple of ounces of sweet butter. Lay the macaroni in a dish, pour over it the cheese sauce, strew it thickly with cubes of fine white bread fried a pale gold color and dried perfectly, and serve. As a matter of precaution, it is well to boil the cream before the cheese is melted in it.

The cheese should be sliced very thin and be quite free from the hard part next the rind. It should be stirred in the cream without ceasing until thoroughly dissolved and the whole is perfectly smooth.

Macaroni Croquettes

Cook a quarter of a pound of macaroni in salted water, drain and put in a saucepan with two ounces of butter, one ounce of grated Parmesan cheese, salt and white pepper to taste, and a ladleful of Allemande sauce. Mix thoroughly and turn into a small buttered square tin pan. Cover it with a buttered paper, then with another pan and a light weight. When cold, turn it on the table, divide with a knife or oval pastry cutter, roll each piece in grated cheese, dip in beaten

MACCARONI TIMBALE.

Facing page 244.

POTATO ROSES.

(See p. 258.)

POTATO BALLS.

Facing page 252.

POTATO BALLS.

egg, roll in fine bread crumbs, and fry in hot fat. Drain on heavy brown paper and serve with grated Parmesan cheese in a separate dish.

Macaroni à l'Italienne

Break the macaroni in pieces about four inches long. Boil it in hot water with a small lump of butter, a little salt and white pepper. When done, drain it on a napkin. As soon as it is dry, prepare the following sauce: Place one pint of tomato sauce in a saucepan and add two lumps of butter. Mix the whole well together. Sprinkle a layer of macaroni in the bottom of a dish, cover with the sauce, and sprinkle with Parmesan cheese. Then spread the macaroni again, and so on until the dish is full. Strew grated Parmesan cheese over the top, place in hot oven for five minutes, and serve while quite hot.

Macaroni à la Solferino

To half a pound of macaroni, boiled in water and well strained, add half an onion, a slice of raw ham chopped fine and browned. Moisten the mixture with tomato sauce, and just before serving sprinkle the whole with four or five tablespoons of grated cheese.

Oyster Macaroni

Boil the macaroni in a cloth to keep it whole and when thoroughly cooked, drain. Put a layer in a deep dish with salt, white pepper, and butter, then a layer of medium-sized oysters seasoned in the same way, then another layer of macaroni, and so on until the dish is full. Mix fine bread crumbs with one egg well beaten, spread over the top, and bake in moderate oven.

Boiled Macaroni or Spaghetti

Into a saucepan nearly full of boiling water drop the macaroni gradually. When half done, add a little salt. Keep

the macaroni from sinking to the bottom by moving it with a meat fork. When it is very tender, pour into a colander and drain. Put half of the macaroni into a vegetable dish. Sprinkle it with salt, pepper, and a little dry Coleman's mustard, and over this pour melted butter. Add grated cheese. Then lay on the other half of the macaroni and add the same seasoning. Pour on melted butter, and with a fork turn the macaroni over in the butter. Serve without baking.

Stewed Mushrooms

Take one pound of large and dry mushrooms. Peel and wash them, drain thoroughly, and cut them in small squares. Put them in an earthen bowl and pour over them one tablespoonful of olive oil, a scant tablespoonful of salt, and a teaspoonful of white pepper. Let them soak for three hours. Remove them, and let them stew in their own liquor for five or six minutes. When tender, place them on dish and pour the following sauce over them : Take three tablespoonfuls of olive oil, one teaspoonful of finely chopped parsley, one-half teaspoonful of finely chopped chives, and one clove of crushed garlic. Mix all, and stir over the fire until thoroughly heated.

Stuffed Mushrooms

Select twelve mushrooms as large as possible. Cut off the heads, pare the edges, and wash them. Clean the stalks, wash with the parings, and chop very fine. Squeeze out the water. Put two ounces of butter in a saucepan with one tablespoonful of chopped shallot. Fry a little, then stir in the chopped mushrooms, and fry until almost dry. Sprinkle with one-half ounce of flour. Then mix well and moisten with a little broth, and season to taste with salt, pepper, and grated nutmeg, also a little chopped parsley. Stir and boil until quite thick. When this mixture is partially cool, fill the mushroom heads. Place

them in a baking-dish, sprinkle each with bread crumbs and a small piece of butter. Bake in moderate oven about fifteen minutes. Place on a dish, pour Espagnole sauce round them, and garnish with quarters of lemon.

Fried Mushrooms with Tomato Sauce

Take two pounds of fresh mushrooms, peel, and wash them in water and a little vinegar to keep them as white as possible. Drain, then slice the heads in two or three pieces, and chop up the stalks. Have one-quarter of a pint of heated olive oil, add the heads and fry until a light brown, then add two tablespoons of chopped shallots, two bruised cloves of garlic, and the chopped stalks. Drain most of the oil off, add two ladlefuls of tomato sauce and a little melted beef extract. Season with salt, white pepper, and a dash of cayenne. Boil two minutes, shaking the saucepan all the time. Add a little lemon juice and chopped parsley and pour in a deep dish.

Mushrooms à la Bindley

Have at hand two pounds of fresh and firm mushrooms. Cut and trim the stalks, pare the heads, and wash them. Put in a saucepan with a little water, four ounces of butter and the juice of two lemons. Cook for five minutes over a brisk fire, occasionally shaking the pan. Take the upper crust of four French rolls, remove the inside, and fry the crust in clarified butter. Mix the gravy the mushrooms were cooked in with three pints of velouté sauce. Add four ounces of butter, the yolks of four eggs, and white pepper to taste. Mix thoroughly and rub through a wet cloth. Pour a little of this sauce in a dish, arrange the crusts, hollow side uppermost, on the dish, put the mushrooms in the sauce, heat thoroughly, then fill each crust, taking care to have the largest and whitest mushrooms on top.

Oatmeal

Place one cup of oatmeal in a double boiler, add one teaspoonful of salt, and one quart and a pint of boiling water. Stir occasionally while it boils over a moderate fire for half an hour, or until the flakes are tender. If too thick, it may be thinned with boiling water.

Stewed Okra with Tomato Sauce

Pare both ends and wash the okra. Put in a saucepan with salt and pepper, a ladleful of rich broth, and half a pint of tomato sauce, and one-half pint of Espagnole sauce. Cover and stew slowly for one-half hour. Dish carefully without breaking the okra. Sprinkle with parsley and serve.

Glazed Onions

Peel twelve medium-sized white onions and soak them for one hour in cold water, changing the water twice while they are soaking. Drain them on a sieve. Put two ounces of butter in a saucepan. Add one teaspoonful of sugar and half a cup of beef broth or stock. Arrange the onions in the pan so they do not touch. Cook over a slow fire until they become tender and the outside is brown. Remove the cover from the saucepan, put a very little beef extract on top of each onion. Then place the pan in the oven for five minutes. When the extract melts and a nice glaze forms on the top of the onions, they are ready to serve as a garnish or vegetable. If served as a vegetable, the sauce they were cooked in may be poured over them.

Glazed Onions

See Baked Calf's Liver, p. 161.

Creamed Onions

Having peeled the onions, cook them in salted water till they are quite done to the core, which will be, if they are of

medium size, in an hour, or perhaps an hour and a half. By the time they are tender the water should be pretty well cooked out. Pour over them as they lie in the saucepan enough cream to reach to their middle. Boil up, salt if necessary, dish by taking the onions out one by one with a cooking ladle, having care not to break them, and pour over the hot cream and serve.

Stuffed Onions

Boil six large onions slowly for one hour in plenty of clear water. Remove from the water, and with a sharp knife cut a piece from the centre of each. Mix together two tablespoonfuls of finely chopped ham, three tablespoonfuls of bread crumbs, one tablespoonful of butter, three tablespoonfuls of milk or cream, one egg, one-half teaspoonful salt, and a grain of cayenne. Fill with this mixture the spaces cut in the onion. Sprinkle each one with bread crumbs, one-half a teaspoonful of butter on each onion. Place on earthen plates, and bake in slow oven for one hour. Serve with cream sauce. Spanish onions are the best to use.

Boiled Onions

Peel off the whole thick outer skin and lay the onions one-half an hour in cold water. Pour hot water over them and boil ten minutes. Pour off this water, add fresh water and a teaspoon of salt, and boil until tender at the core, which will take one hour or one hour and a half. Turn into a colander, drain, with a spoon lay each onion in the vegetable dish. Sift salt over each one, and pour over all a small quantity of melted butter or hot cream, and finish with a dash of pepper.

Fried Parsley

Soak parsley in ice water for two hours, so it will be crisp. Dry thoroughly, arrange in frying basket, plunge in boiling hot fat, leave for a second, remove basket from fat, shake it. Plunge in fat once more, drain on brown paper, and serve.

Parsnip Cakes

Peel, cut in pieces, and cook some parsnips in salted water in which a tablespoonful of flour has been mixed. When tender, drain thoroughly, chop fine, and press through a fine colander. Return to the saucepan, add salt, a little white pepper, a little flour, and the beaten yolks of three eggs. Stir on the fire for five minutes and put on a plate to cool. Then turn on a floured table and divide in the shape and size of a small codfish ball. Dip in beaten egg, then in cracker crumbs. Fry until light brown in very hot lard. Drain on brown paper, garnish with parsley, and serve hot. These are very good with pork chop.

Parsnip Balls

Parboil six large parsnips, let them get cold, then peel and grate them. Beat two eggs until very light and mix thoroughly with the grated parsnips, adding sufficient flour to bind the mixture together. Flour the hands, roll the mixture into balls, and drop in deep boiling fat. Fry until a good brown, drain on brown paper. Serve very hot.

Stewed Peas

Put one quart of young peas in a pan with plenty of water and four ounces of butter. Rub the peas and butter together until they are well mixed. Then drain off the water and put the peas into a stewpan with two cabbage leaves shredded small, a small bunch of parsley and green onions, one dessert-spoonful of powdered sugar, and a little salt. Put the lid on and stew the peas gently over a slow fire for about half an hour. When done, if there seems to be much liquid, boil it down quickly over the fire. Knead two ounces of fresh butter with one dessert-spoonful of flour. Put this into the peas and toss the whole together over the fire until well mixed.

Canned Peas

Pour the peas in a colander. Rinse by pouring through plenty of water. Add three large iron spoons of cold water, salt, a little sugar, enough so they will taste like a sweet pea, and a lump of butter. Set the saucepan in another of hot water, cover, and cook half an hour.

Peppers with Tomato Stuffing

Immerse as many medium-sized peppers as desired in boiling fat for one-half a minute, rub them with a towel to remove the peel. Cut round the stem or core, remove it and the seeds. Fill with a tomato stuffing, put in a pan, baste frequently with olive oil, and bake in moderate oven for half an hour. Place on a platter, pour a tomato sauce round them, and serve.

Tomato Stuffing

Take two ounces of butter, two tablespoonfuls of olive oil, two of finely chopped onions, and a pint of chopped mushrooms. Stir and fry about twelve minutes, seasoning with salt, white pepper, and a dash of cayenne, a little nutmeg, one ladleful of Espagnole sauce, and one of tomato sauce. Then add three handfuls of fresh bread crumbs, yolks of four eggs, and one tablespoonful chopped parsley. Mix thoroughly. Cook three minutes longer. Set away to cool.

Potatoes

Potatoes for baking or boiling whole should be of the same size, thoroughly washed and scrubbed with a brush kept for the purpose. They should bake in a hot oven from thirty to forty-five minutes, according to their size, and to boil have enough boiling salted water to cover them, and boil about thirty minutes. Pare before boiling, except for salad.

Plain boiled potatoes are served whole or rubbed through a fine colander and served like rice, or mashed and seasoned with salt, white pepper, butter, and milk, and served in mass or in fancy shapes and browned. Parisienne potatoes are cut in balls with a French ball-cutter, boiled ten or twelve minutes, and dressed with melted butter, salt, white pepper, and minced parsley, or sifted hard-boiled egg yolk. Baked potatoes are often cut lengthwise, removed from the skin, mashed, seasoned, and made light with whipped egg white or cream. The skins are then refilled, placed in the oven until brown, and served as soufflé potatoes. Raw potatoes are sliced thin or cut in straws, dice, balls, crescents, curls, etc., and fried in deep *hot* fat. All peeled potatoes should stand in cold water until they are boiled or fried. If fried, dry thoroughly before dropping in hot fat. Cold boiled potatoes are cut in dice or thin slices, seasoned with salt and pepper, and fried brown in very hot drippings or butter, with a little chopped onion and parsley.

German Potato Cakes

This well-known German dish has been made a part of the cookery of our country, introduced by many of our German families. In making it grate the potatoes raw, add butter to enrich it, eggs and flour to hold the grated potato together, a little salt, and season with sugar and cinnamon to taste. The cakes are fried in butter on a griddle or in a flat saucepan till brown.

Stewed Potatoes

Chop cold boiled potatoes rather fine and salt carefully. Add milk — just even with the potatoes — and a large tablespoon of butter. Place this in a saucepan and cover. Set it in another pan of boiling water. Stir occasionally and cook one hour until creamy.

Potato Ribbons

Peel the potatoes, then peel round and round very thinly. Let the ribbons lie in cold water for an hour. Drain and plunge in hot fat, using a frying basket. Drain off the fat on paper and serve hot.

Potato Croquettes

Add to the boiled and mashed potatoes half their weight of butter, and seasoning of salt and pepper, a trifle of onion, minced fine, and two well-beaten eggs. Form them in egg, ball, or cork shape, dip them in the beaten yolk of eggs and then into bread crumbs. Cover them, and let them stand for an hour or so. Dip them again in the egg and bread crumbs and fry in deep hot fat. Garnish with parsley and serve hot. Let them drain a moment before serving.

Pockets of Gold

Prepare the potatoes as for croquettes in the receipt given above. Scoop out the centre of each croquette and fill in with this salpicon: Mince cooked chicken, not too fine, but rather in dice size. Heat it with butter and add cooked mushroom dice and cooked pickled tongue dice, with salt and pepper for a flavoring. Thicken this salpicon with the yolk of egg in which has been stirred a dash of sugar, a few drops of lemon juice, and of some aromatic wine. After you have packed the salpicon in the potato ball, press a little of the potato over the opening. Dip the ball in the beaten yolk of egg, then into bread crumbs, and fry in deep hot fat. Drain them on paper and serve them hot.

Sweet Potato Croquettes

Mix one pint of mashed sweet potatoes with one-half cupful of hot milk. Then stir in two tablespoonfuls of butter and one

teaspoonful of salt. Beat one egg very light and add to the mixture. Next shape them in the desired sized croquettes. Dip in beaten egg, then roll in bread crumbs, and fry in hot fat until a delicate brown. Drain on brown paper and serve hot.

Wined Sweet Potatoes

Boil the potatoes and set them to cool. When cold, peel and slice them. In a well-buttered baking dish spread a layer of the potatoes, sprinkle with butter, sugar, and a little salt, then another layer of potatoes, butter, and other ingredients, and so continue the layers until the dish is full, having laid on top a plentiful supply of butter. Put a little water in the dish to prevent dryness, invert over the baking dish another dish that will hold in the steam pretty well, and set to bake in a moderate oven. After the potatoes are thoroughly heated, take off the covering dish, let them brown a trifle, and just before taking from the oven pour over them a little wine of a flavor agreeing with the potatoes.

Rice Croquettes with Sauce

Wash one pound of rice and put it in a saucepan with three pints of milk, six ounces of granulated sugar, two ounces of butter, and the rind of a lemon. Stir until it comes to a boil, then cover, and cook one-half hour. Remove the lemon, add the yolks of four eggs, mix well, and partially cool. Sprinkle fine bread crumbs on a board, turn the rice on them, divide and roll in a dozen large, cork-shaped croquettes. Dip in beaten egg, roll in fresh bread crumbs, and fry light brown in deep hot fat. Drain on brown paper, roll in powdered sugar, and serve hot on a folded napkin with sauce in separate dish.

Sauce for Rice Croquettes

Yolks of four eggs, four ounces of sugar, one ounce of cornstarch, and the finely chopped rind of one lemon. Mix thor-

oughly, add one pint of boiling milk. Stir with an egg-beater over the fire until the sauce thickens.

Rice Fritters

Boil a cup of rice in a pint of milk until the rice is soft and the milk is absorbed. Take from the fire and add the yolks of three eggs, one tablespoon of sugar, a small spoon of salt, and two tablespoons of butter. When the mixture grows cold, add the whites of the eggs beaten stiff. Drop in large spoonfuls in hot fat and let them cook until they are a golden brown.

Spanish Rice

One cup of rice in two quarts of boiling salted water. Boil fifteen minutes. Pour into a fine sieve. Place the sieve over boiling water and steam the rice for thirty minutes. Chop one-half can of Spanish peppers very fine. Mix with the rice and serve. The dish may be used as a garnish for boiled ham or mutton.

Spaghetti with Tomato Sauce

Place the ends of a handful of spaghetti in a kettle of boiling salted water. As it softens, bend and coil it round in the kettle. Put a cover on and cook fifteen or twenty minutes, or until tender. Drain in a colander. Then return to the kettle with enough tomato sauce to make it quite moist, a third of a cup of grated cheese, — American or Parmesan, — one tablespoonful of butter, and a dash of paprika. Cook slowly until the sauce is about absorbed.

Spinach on Toast

Boil the spinach in salted water until half done. Pour off the hot water, dash cold water over the vegetable, and having wiped it dry, chop it fine and put it in a saucepan. Make a sauce of one tablespoon of flour, the same quantity of butter,

and a cup of cream or bouillon. Mix this sauce well with the spinach. Cover the saucepan and cook until it thickens. Serve on small slices of buttered toast.

Spinach mixed with sorrel or young nettles is prepared in this way, except when sorrel is used some sugar is also added.

Spinach Timbale

Boil one peck of spinach in just enough water to cover it and add two tablespoonfuls of salt. When tender, drain thoroughly, chop very fine, and set away to cool. Then put it in a saucepan with one-half pint of Béchamel sauce, one-quarter of a pint of stock, and two ounces of butter. Let this simmer slowly for five minutes. When cool, mix this with six ounces of veal forcemeat, the well-beaten yolks of two eggs, a little black pepper, and more salt if necessary. Place in a well-buttered mould and set in a pan of water. Cover with a buttered paper and bake in oven for forty-five minutes. Boil two potatoes, one turnip, and one carrot. When tender, cut them in fancy shapes and cover with a glaze. Invert timbale on platter and garnish with the glazed vegetables.

Succotash

Cut tender, juicy corn from its cobs till you have a quart of the cut corn. Cover the corn and set it away. Break in small pieces the cobs of the corn and put them to boil with a pint of beans. After the flavor is extracted from the cobs, take them out and let the beans cook till done. Then add the quart of corn you set aside and at the same time add salt, pepper, and cream to your taste. The water in which the cobs and beans boil should not be plentiful when the corn is added; it should be allowed to boil away so there is little liquid in the dish except the cream. Butter and milk may be used instead of cream.

Broiled Tomatoes

Pour boiling water over as many good-sized ripe tomatoes as you desire. Remove the skins, cut them in two — across, not *lengthwise*. Season with salt and baste with a little oil. Put them on a double broiler and broil over a slow fire. Baste them often with olive oil. When done, serve on a hot dish.

Fried Tomatoes

Pour boiling water over some large, ripe tomatoes. Remove the skins and place where they will become cold and firm. Do not let them stand too long. Have at hand a kettle of boiling fat. Slice the tomatoes, season with salt and pepper, dip in beaten egg, then in bread crumbs, again in egg and bread crumbs, arrange in a frying basket, and plunge it in the hot fat. In a minute or two they should be a light brown and sufficiently cooked. Drain on brown paper and serve very hot.

Stuffed Tomatoes

Wipe clean and remove a thin slice from the stem end of six smooth, ripe tomatoes. Take out the seeds and pulp, being careful not to break the skin. Turn upside down to drain. Rub the pulp through a fine sieve, and mix with an equal amount of fine buttered cracker crumbs, one-half the amount of very fine chopped meat, or chopped oysters, or cooked spaghetti. Season highly with salt, pepper, onion juice, or fried onions chopped fine. Heap the tomato shells with this mixture, cover with buttered crumbs, and bake twenty minutes.

Spanish Tomatoes

One can of tomatoes, one can of Spanish peppers, two medium-sized onions, two tablespoons of butter. Chop the onions fine and fry in the butter until a light brown. Then to the

Spanish peppers chopped fine, add the tomatoes. Mix all thoroughly and cook over a medium fire five minutes, adding salt and white pepper to taste. Pour in baking dish and bake in medium oven three-quarters of an hour. Green peppers may be used in place of Spanish peppers.

Devilled Tomatoes

Powder the yolks of three hard-boiled eggs and mix with one teaspoonful of mustard paste, one teaspoonful of powdered sugar, a dash of cayenne, and a little salt. Melt three ounces of butter and rub it in. Then gradually stir in three tablespoonfuls of vinegar. Stir all over the fire until it is scalding hot. Remove to one side, add two well-beaten eggs, and stir over the fire until the mixture begins to thicken. Stand the saucepan in hot water to keep warm while you slice one quart of ripe tomatoes about half an inch thick and broil them. Place in hot dish and pour the sauce over them and serve at once.

Tomato Farcie

Select six nice, small, fresh tomatoes, and scald by pouring boiling water over them. Remove the skin, scoop out the inside, and set in an ice-box. Cook some sweetbreads and put them through the meat machine. Also chop fine some mushrooms and mix them with the sweetbreads. Chop fine two truffles and set them aside. Make a sauce of the following: One tablespoonful of butter and one tablespoonful of flour put in a saucepan and let come to a boil. Then add one cupful of white stock and the inside of the tomatoes. Let all boil well ten minutes. Add chopped truffles, some chopped parsley, and season to taste. Mix the forcemeat with the sauce and stuffed tomatoes. Bake until tender, and serve on rings of toast which are cut with biscuit cutter and fried in hot fat.

Baked Tomatoes

Take out the core of the tomato and season highly with salt, pepper, and one-half teaspoon of sugar. On each place a good-sized piece of butter. Sprinkle over with bread crumbs and bake an hour. Protect them with a pan of water in the upper oven.

Tomato Toast with Mushrooms

Empty in a porcelain saucepan a can of fine tomatoes, or if they are in season stew the tomatoes fresh for the dish. Cook and flavor with pepper, salt, and butter. Toast thin slices of stale white bread, butter, cover each slice with the stewed and seasoned tomatoes, and upon it lay a peeled mushroom. Butter the mushrooms and over each sprinkle pepper if your taste demands it.

Tomatoes and Mushrooms

Take a can of tomatoes, a dash of cayenne pepper, a heaping teaspoon of corn-starch wet with milk, and allow all to simmer till the corn-starch is cooked. Then add a teaspoon of grated or finely chopped onions, a can of mushrooms, and a good tablespoon of Worcestershire sauce. Cook together thoroughly fifteen or twenty minutes.

Mashed Turnip

Pare entirely from the turnips the stringy rind, split them once, or even twice if they are large, and boil them till they are very tender. They take some time longer than potatoes to cook. When boiled, pour off the water, pressing them tenderly with a large plate to free them as much as possible from water. Mash them as you mash potato, but to insure their being free from lumps you may pass them through a colander or sieve. When they are young, they may be mashed smooth without

this. Put them in a saucepan and stir them constantly for some minutes over a gentle fire to dry them, then add salt, a bit of fresh butter, and, if you wish, a little cream or milk. They should be simmered until the liquid is dried out. Mould low in a vegetable dish, dash pepper and lay bits of butter over the top, and serve.

Turnip Dice

For this method of cooking, the turnips should be young, mild, and fine-grained. After you have washed, dried, and peeled the turnips, slice them half an inch thick and cut the slices into dice. Dissolve an ounce of butter for each half pound of the turnips, drop them in the butter, and stew them very gently from three-quarters of an hour to a full hour. Season with salt and white pepper when they are half done. Serve as a vegetable or piled on broiled mutton chops.

Vegetables à la Jardinière

Have at hand one can of French peas or one quart of fresh ones, a pint of carrot cubes, and one pint of turnip cubes, three gills of any kind of stock, three heaping teaspoonfuls of butter, three teaspoonfuls of sugar, and three teaspoonfuls of salt. Cook the vegetables until tender in separate saucepans. If French peas are used, put them in a strainer and pour over them one quart of cold water, drain, and place in a saucepan. Drain the water from the carrots and turnips. In each saucepan place one-third of the sugar, butter, salt, and stock, and set them where they will boil rapidly. Occasionally shake the pans, continue the cooking until all the stock has been absorbed. Spread the turnips on a platter, making the border rather thick. Heap the carrots on the turnips, then flatten the top of the mould, and heap the peas upon it. If desired, potato balls or cubes may be used in place of the turnip; if so, one quart of the balls or cubes will be required.

CHAPTER X

SANDWICHES, EGG AND CHEESE DISHES, AND FORCEMEATS

How to make Good Sandwiches

In the first place have bread which is close-grained and one day old. Each slice should be cut evenly and about one-eighth of an inch thick. Spread each slice with butter before you cut it from the loaf. After cutting, spread the slice with any mixture you may desire and cover it with another slice. Cut off every bit of crust and press the sandwiches together firmly. Cut your sandwiches in half, each half in quarters, and each quarter diagonally. Trim off all protruding edges of filling. Cover the sandwiches with a cloth wet with a very weak solution of brandy and water and pack them in a tin box until ready for use. Fresh butter is preferable for sandwiches, as it is more dainty and delicate. If not obtainable, use best creamery butter. Many people when eating a sandwich spread with fish prefer Graham bread in place of white bread.

Fillings for Dainty Sandwiches

In making butters of various kinds for sandwiches, first rub the butter to a cream, then blend it with the flavor wanted—caviar, anchovy, sardine, lobster, cheese, parsley, chives, cress, chutney, chili, and horseradish are all used. A few drops of lemon juice improves any kind of fish sandwich. With an anchovy sandwich also add a few olives stoned and minced very fine.

Wash a dozen anchovies and remove the bones. Reduce to a fineness by pounding the anchovies and the yolks of three

hard-boiled eggs. Mix in a little curry powder, two tablespoonfuls of Parmesan cheese, a sprinkling of cayenne, and enough good thick cream to make a smooth paste. Spread on slices of bread lightly buttered, and the result will be some very acceptable sandwiches.

Another idea in the way of sandwiches is to make the filling of horseradish grated and mixed with mayonnaise and thick cream. Spread this on the bread in the place of butter, lay a thin slice of cold roast beef over, then a slice of seasoned tomato, and finally add the other piece of bread, also spread with the horseradish.

Still another variation may be obtained by finely mincing some olives, mixing them with mayonnaise and with cream, and spreading them over nicely sliced bread. Lay in between a slice of beef or mutton and a thin piece of seasoned tomato. When the bread is spread with some savory butter and covered with sliced cold roast beef and with either a small leaf of lettuce or with a bit of sliced cucumber, the sandwich is appetizing.

Savory butters are most easily prepared. Many of them demand the fresh butter. Caviar butter, for instance, needs two tablespoonfuls of fresh butter which should be creamed, then mixed with one teaspoonful of lemon juice, a dash of paprika, and three tablespoonfuls of caviar paste. Curry butter is made by creaming one tablespoonful of curry powder. Sardine butter makes a good sandwich filling all by itself. To make it, remove the skin and bone from three large sardines. Pound them to a smoothness and add a little lemon juice, cayenne, and one teaspoonful of chopped parsley. Cream two tablespoonfuls of fresh butter and add, mixing all together very thoroughly. Sometimes some chopped olives are added to this butter, which is then used on the bread, the sandwich filling proper being composed of sardines boned and skinned and flavored with lemon juice.

Peanuts mixed with mayonnaise dressing are much liked for afternoon sandwiches. Take the freshly roasted nuts and chop or roll them very fine before mixing with the dressing.

Another excellent sandwich spreading for white or brown bread is made by mixing chopped olives and small crisp cucumber pickles — equal parts of these — with a seasoning of capers. Stir them together with a thick mayonnaise and spread on the bread. A vegetable coloring made from spinach will give a green color to the sauce, if that is sought.

Dates and figs chopped very fine and moistened with hot water and lemon juice may be spread on thin slices of bread and sprinkled with finely chopped nuts. Finely minced ginger and candied orange peel may be sprinkled on Neufchâtel cheese which has been moistened with a little butter or rich cream and spread on buttered slices of bread.

Another filling for sandwiches is Oriental preserved ginger chopped fine and softened by mixing with a little cold cream. Candied orange peel and candied cherries may also be used in this way.

Caviar Sandwiches

Take a one-quarter pound box of Russian caviar and the juice of half a lemon and as much olive oil as you have lemon. Alternately drop the oil and lemon juice into the caviar until all is used. Then whip it until you have a firm white paste. Follow general directions for making a sandwich, but do not butter the bread. Spread the caviar quite thickly on the bread.

Cheese Sandwich

Pound one-quarter of a pound of American cheese in a mortar with two ounces of butter and one teaspoonful of dry mustard. When thoroughly blended, add a little tarragon vinegar. Spread on thin slices of bread and it is ready to serve.

Roquefort Cheese Sandwich

To three parts of the green of Roquefort cheese use one part of butter, a little olive oil, pepper, a little salt, and a dash of red pepper. Mix all into a paste and spread on thin slices of buttered bread.

Chopped Chicken Sandwich

Take the white meat of chicken, chop it very fine, and mix it with mayonnaise dressing and a few olives chopped very fine. Spread the mixture between evenly sliced pieces of buttered bread. Use enough mayonnaise to make a chicken paste.

Chicken and Almond Sandwich

Chop the white meat of a chicken very fine and add half a pound of finely chopped almonds, two teaspoons of salt, one gill of sweet, thick cream, and a saltspoon of pepper. Mix these ingredients until you have a smooth paste. Whole wheat bread is best for these sandwiches.

Indian Sandwiches

Cut the white meat of a cooked chicken in small pieces. Take almost as much cooked ham and four freshened anchovies and cut in small pieces. Mix two cups of velouté sauce with one dessertspoonful of curry powder which has been blended with a little water. Stir over the fire until it becomes a thick sauce. Then add the chicken, etc., and the juice of half a lemon. Cut some thin slices of bread with a circular tin cutter about one and a half inches in diameter. Fry them in clarified butter until a light brown. Place one-half of the pieces on a tin sheet, spread with a thick layer of the chicken mixture. Then cover with the pieces of bread. Cream some grated Parmesan cheese and butter to a paste, roll into round balls. Place one on the top of each sandwich. About five minutes before serving place them in the oven and warm thoroughly.

Lettuce and Mayonnaise Sandwiches

Season the yolks of seven hard-boiled eggs with salt and pepper, powder them, and then mix with enough mayonnaise to make a thin paste. Have slices of bread sparingly spread with the mayonnaise, cover each one with some of the small leaves from the heart of the lettuce. Over the lettuce spread the egg mixture. Follow directions about cutting them. Serve as soon as possible.

Salmon Sandwiches

Take a nice solid piece of boiled salmon, mince it very fine, and season to taste with pepper, salt, and a little Worcestershire sauce. Mix all into a paste with melted butter. Make a highly seasoned French dressing of vinegar, oil, pepper and salt, and pour over cucumbers which have been peeled and sliced very thin. Then set them on the ice for fifteen or twenty minutes. Evenly spread two thin slices of unbuttered bread with the salmon mixture. Put a slice of cucumber between them and shape sandwich according to the general rule. You may prepare your bread spread with salmon one-half or three-quarters of an hour before serving, but the cucumbers should be added at the last moment. Canned salmon may be used. If it is, use the butter sparingly.

Sandwiches of Fillets of Sole, Lobster, or Salmon

Cook the fillets of sole in a saucepan with a little clarified butter, pepper, salt, and lemon juice. When done, put them in press between two dishes. When cold, divide each fillet into four pieces, trim, and put in a bowl with a French dressing made of white pepper, salt, vinegar, and oil. Have some small oval rolls at hand, cut off the tops and remove the crumbs, moisten the bottom of each roll with a little of the dressing, place a piece of sole on this, add a little mayonnaise sauce, cover with the tops, and serve. Sandwiches of lobster and

salmon are prepared in the same manner. If desired each one may have a little finely chopped onion sprinkled over it before the mayonnaise is added.

Sardine Sandwiches

Take as many boneless sardines as are required, open each one lengthwise, being careful not to break them, and place the halves on a fine wire broiler. When they have broiled a little on each side, set them away to cool. When cold, squeeze a little lemon juice over them, and cut off the tails. If fresh butter is used on the bread, sprinkle a little salt over the sardines while they are hot. Allow two halves to a triangle of bread, and make according to directions. Ordinary canned sardines may be used without broiling, but they are apt to be very oily.

Sandwiches à la Victoria

Have at hand one dozen or more very small, round rolls, cut a small piece from the end of each one, remove the crumbs, and fill with the following mixture: Remove the white meat from one good-sized cooked chicken, have almost as much ham as you have chicken, and freshen eight anchovies and drain them. Chop all very fine and mix thoroughly. Add enough mayonnaise, flavored with a few chopped chives, to make a thick paste. Fill each roll, replace the ends, and serve on a folded napkin. Lobster may be used in place of the chicken.

Baskets of Olives

First have hard-boiled eggs from the end of which you chip a piece so that the egg will stand. Halve the eggs. Next pound to a paste in a mortar the flesh of olives, a quarter as much ham and chicken, butter to help the paste, and the yolks of the whites you purpose to use as baskets.

Having well mixed these, stand the whites in a dish, fill up their hollows with the mixture, heaping it high and rounding it over mountain form with a spoon, drop over the baskets any piquant sauce you like, and serve. In the mixture allow about three olives to two eggs.

Baked Eggs

Take six eggs, two tablespoonfuls of chopped chicken, two tablespoonfuls of chopped mushrooms, one tablespoonful of chopped parsley, one-half teaspoonful of ground mace, salt to taste, and a very small dash of cayenne pepper. Boil the eggs fifteen minutes, remove the shells, cut them in half, remove the yolks, and mash them fine. Add all the other ingredients, mix thoroughly, and fill the hollowed whites. Heap in pyramid shape, brush over with yolk of raw egg, and put in the oven to brown. While they are browning, broil a slice of ham and cut it in as many squares as you have eggs. Make a cream sauce, serve the eggs on the squares of ham, and pour the sauce round them.

Egg Chops with Tomato Sauce

Mix one-half cup of finely chopped ham and one-half cup of finely chopped chicken with enough white sauce to keep them together. Form them in the shape of good-sized lamb chop. Chop four hard-boiled eggs very fine and season them with a little salt and white pepper. Mix with enough white sauce to make them the same consistency as the chicken and ham and give them the same shape. Place one on the top of each ham and chicken chop, dip in beaten egg, and roll in cracker crumbs, then in egg and cracker crumbs again. Fry in deep hot fat. When brown, drain on brown paper. Arrange on platter. Pour tomato sauce round the edge and serve. Have extra tomato sauce in sauce-boat.

Egg Croquettes

Cool six hard-boiled eggs, chop them very fine, and season them with a little salt and white pepper. Mix them with enough white sauce to make them keep together and form them into croquettes. Roll them in beaten egg, then in cracker crumbs, and fry in deep hot fat. Garnish with parsley and serve white sauce in sauce-boat.

Devilled Eggs

Take twelve eggs, one teaspoonful of French mustard, two tablespoonfuls of cold tongue chopped fine, one tablespoonful of olive oil, one-half teaspoonful of onion juice, and salt and red pepper to taste. Boil the eggs fifteen minutes and place them in cold water; this prevents them from turning dark. Take off the shells, cut lengthwise, and remove the yolks, being careful not to break the white. Rub the yolks to a smooth paste with the mustard and oil, then add the chopped tongue, salt, and red pepper. Mix thoroughly, fill the hollowed whites with this mixture, and serve on a bed of water-cress or salad.

Eggs in Nest of Spinach

Boil four quarts of spinach, chop it very fine, season with salt and pepper, rub it through a purée sieve, mix it with a little butter, and add more salt and pepper if necessary. Do not have it too moist. Have at hand some very finely cooked ham and some velouté sauce. Cut some rings of bread. Spread the spinach on the bottom and sides of each one. Break an egg in the centre of each one. Place in the oven, cook for a few minutes. Mix the chopped ham and velouté sauce to a very thick cream, spread over the top, replace in the oven, and cook five or six minutes more. Serve with a cream sauce.

Eggs à la Suisse

Spread the bottom of dish with fresh butter, cover this with thin slices of Gruyère cheese, break eight eggs over the cheese, the same as for poaching, season with salt and white pepper, then pour a scant gill of very thick cream on the surface, sprinkle with Gruyère cheese, and bake in hot oven for fifteen minutes. Rub a salamander over the top, serve with thin pieces of dry toast.

Egg Balls

See Mock-turtle Soup, p. 82.

Egg Timbale

Break six eggs in a bowl, season with salt and white pepper, whip until very light, add one gill of cream, and pour in small buttered timbale moulds. Place the mould in a pan of water and then in an oven, and poach the eggs until firm. Invert the moulds on hot platter, garnish with parsley, and serve with Béchamel sauce.

Curried Eggs

Mix two tablespoons of corn-starch or wheat flour, a pinch of salt, and two teaspoons of curry to a smooth paste with a little milk, and pour into one scant quart of boiling milk. Stir until the mixture thickens. Then having carefully broken your eggs, slip them into the boiling milk. Let them cook until the white sets, which will be about two and a half minutes. Then lift the eggs out with a ladle, lay each on a bit of toast neatly trimmed, pour over it a good ladleful of the curry and milk, — enough, that is, for the toast to absorb, — and serve hot.

Poached Eggs

The beauty of a poached egg is to have the yolk blushing through the white. Have a pan of fresh boiling water, break

the egg in a saucer, pull the pan to one side, drop in the eggs, one at a time. Then stand the pan over a moderate fire. As soon as the water boils, the eggs are done. Remove, trim off the ragged edges, and serve on hot buttered toast.

Poached Eggs with Mushrooms

Put a quarter of a pound of mushrooms in a saucepan. Add salt, pepper, a little lemon juice, and a tablespoon of butter. After the mixture has cooked slowly for fifteen minutes, add a third of a wine-glass of wine and a gill of Béchamel sauce, and boil for a moment longer.

Pour the sauce in the midst of ten or twelve freshly poached eggs, heaping the mushrooms in a mound in the centre. If the mushrooms are of the button variety, a button may be placed in the centre of each egg.

To boil and poach Eggs, according to Directions issued by the Department of Agriculture of the United States

"The directions given for preparing soft-cooked, medium-cooked, and hard-cooked eggs vary. The methods described in standard cookery books without doubt give the desired results if sufficient care is exercised. The chief difficulty encountered by most cooks is to secure uniform results, especially with soft-cooked and medium-cooked eggs. It must be remembered that such results cannot be expected when conditions vary. The time of cooking, the amount of water used, the number, size, and freshness of the eggs, and the kind of vessels used are important factors. Thus, eggs which have been kept in an ice-chest require more heat to warm them before cooking begins than do those which have been kept at room temperature. Again, so apparently trivial a detail as the sort of vessel used (whether earthen or metal) or the place where the vessel stands during cooking may produce very dif-

ferent results. Many persons prefer to have eggs cooked at table in a chafing-dish or other suitable vessel. In such cases the conditions may be controlled with comparative ease, and uniform results obtained with a little practice if sufficient care is observed.

"The following methods of preparing soft-cooked and medium-cooked eggs have been found to give uniform results in laboratory tests at the University of Illinois: Using a graniteware stewpan of one quart capacity, one pint of water was heated over a gas flame; when the water boiled the gas was turned off, and an egg which had been kept in a refrigerator was dropped into the water. Without disturbing the vessel it was covered closely, and the egg allowed to remain in the water six minutes. It was then soft-cooked. As shown by tests when the egg was dropped into the water, the temperature fell almost at once to 185° F., and then slowly to 170–171° F. If the egg remained in the water eight minutes, it was medium-cooked. In this case the temperature of the water at the end of the cooking period had fallen to 162–164° F.

"Uniform results can be obtained in the kitchen as well as in the laboratory if sufficient attention is given to detail. Bearing clearly in mind the end desired, each cook must experiment for herself, as it is impossible to give directions which will apply to all cases.

"The same changes which have been noted above as taking place in egg yolk and white, when heat is applied, in preparing boiled eggs, take place when other methods of cooking are followed, though they are not always apparent.

"Poached or dropped eggs are removed from the shell and then cooked in water. Thudichum recommends the use of salted water to which a very little vinegar has been added. The reason for this is, perhaps, that acetic acid (vinegar) tends to precipitate albumen, that is, to prevent a loss due to some of the egg being dissolved in the water. Flavor may also be one of the objects sought."

Scrambled Eggs on Canapés

Select four large, heavy mushrooms and four a little smaller. Remove the stems, peel, wash and dry, and chop them very fine. Put one tablespoonful of butter in a pan, and when it has melted add one teaspoonful of finely chopped green onions. Cook slowly for three minutes, but do not let them brown. Add the chopped mushrooms and cook two or three minutes more. Stir constantly, adding one tablespoonful of finely chopped parsley. Cook for a few minutes. Season with half a saltspoonful of salt and one-quarter of a saltspoonful of white pepper. Remove from the range, stir in a small piece of fresh butter. Mix thoroughly, then add six eggs, one saltspoonful of salt, and half a one of pepper. Beat briskly for one minute. Pour in a hot saucepan with half a tablespoonful of butter and stir constantly over a slow fire for three or four minutes. The mixture must be in small pieces and cooked quite rare. Have ready the eight mushrooms broiled. Arrange the larger of the broiled mushrooms on thin slices of warm bread. Fill each one with the egg, cover with the smaller boiled mushrooms.

This dish must be served very hot and the mushrooms must be cooked first, as the eggs must be served as soon as they are cooked.

Scrambled Eggs with Peas

Take six eggs, one tablespoon of butter, three tablespoons of milk, salt and pepper to taste, and one-half pint of cooked peas. Heat the butter and milk in an omelette pan. Break the eggs in a pan and stir till the mixture thickens. Have the peas very hot in another pan. Drain off all the liquid from the peas. Stir them in the eggs, season, and serve hot.

Plain Omelette

Beat separately the yolks and whites of eight eggs until very light. Then mix them together thoroughly, add a little

salt and white pepper, and one tablespoonful of cream. Heat the omelette pan, put a good-sized piece of butter in, and, when it has become boiling hot, pour in the eggs. Slightly shake the pan until the eggs begin to stiffen. When sufficiently brown, fold double and serve at once. When an omelette stands, it becomes heavy.

Oyster Omelette

Chop one dozen large, fresh oysters in small pieces, sprinkle half a teaspoonful of salt over them, and let them stand in their own liquor, in a cool place, for half an hour. Beat six eggs, the yolks and whites apart; the former to a smooth paste, the latter to a solid froth. Add to the yolks a tablespoonful of rich, sweet cream, pepper and salt in sufficient quantity, and then lightly stir in the whites. Put an ounce and a half of butter in a hot frying pan, and, when it is thoroughly melted and begins to fry, pour in the egg mixture, and add as quickly as possible the oysters. Do not stir, but with a long-bladed omelette knife lift, as the eggs set, the omelette from the pan, to prevent its scorching. In five minutes it will be done. Place a hot dish, bottom upward, over the omelette, and dexterously turn the pan over, having the brown side of the omelette uppermost upon the dish. Serve without delay.

Spanish Omelette

Take one teaspoonful of chopped onion and one tablespoonful of green pepper. Be sure both are chopped very fine and cook them until they are a delicate brown. Scald and remove the skins of three tomatoes, cut up and add to the mixture. Cook all for ten minutes, or until the tomatoes are done. Break six eggs in a bowl, beat them well and season. Mix in about one-half of the tomato, pepper, and onion. Put one tablespoonful of butter in an omelette pan and let it come to a boil. Put in the egg mixture; and when it begins to set, put

in the *centre* the rest of the tomato mixture. Fold it over and turn on to a hot platter. Pour some of the tomato sauce round it and garnish with fried bread.

Tomato Omelette

Make the omelette as above directed and have at hand a pan of finely stewed and seasoned tomatoes. Just before turning, spread one-half the omelette thickly with the tomatoes. Drop over the other side of the omelette and serve at once.

Egg Marmalade, a Jewish Receipt

Clarify one pound of sugar in half a pint of water till it becomes a thick syrup. While clarifying it, add one ounce of sweet almonds, blanched and pounded. Let the mixture cool and then stir in gently the yolks of twenty eggs, which have been previously well beaten and passed through a sieve. Take care to stir continually the same way. When well mixed, place over a slow fire, stirring all the time to prevent burning. Flavor with vanilla or what you please. Wine or brandy might be used for flavor.

Eggs en Cocotte

Take two shallots, one onion, two tablespoonfuls of butter, two tablespoonfuls of mushrooms, one tablespoonful of parsley, one-half cup of bouillon. Chop the shallots and onions very fine. Put butter in saucepan; and when it is melted, stir in shallots and onions. Cook slowly for five minutes. Add the mushrooms, parsley, and bouillon, and boil five minutes more. Put one tablespoonful of the mixture into a baking shell, break an egg in each one, then cover with the mixture, and bake in a hot oven for four minutes.

Nested Eggs

Take as many eggs as you want nested and strain off the whites, being very careful not to break the yolk, which you

NESTED EGGS.

Facing page 274.

SPINACH TIMBALE.

(See p. 256.)

Facing page 286.

CHESTNUT PUDDING.

leave in the shell. Set the shells holding the yolks in a cool place until you are ready to use them. Take as many rounds of toast as you have nests to make. Spread with pounded chicken livers, beat the whites to a very stiff froth, heap on the toast, then make a hollow in the centre. Carefully drop in the yolks. Set in a very hot oven for three minutes, or until they are a very light brown. Sprinkle a little chopped parsley over each one and serve.

Egg Baskets

From hard-boiled eggs cut a thin slice off either end so that the halves will stand upright. Having halved the eggs, mix the yolks with some finely chopped ham, or chicken, or tongue, allowing a tablespoonful of the meat to a yolk, and mix smoothly together with salt, pepper, mustard, and melted butter. Form the paste into balls, which will be about the size of the original yolk, and lay in the hard basket-form whites. Pour over all a white sauce, set in the oven for a few moments, and send to the table garnished with parsley.

Stuffed Eggs

Let the eggs boil until they are hard and cut them in half. Take out the yolks and mix them with cold chicken, chopped very fine, pepper, salt, a piece of butter, and parsley, if you choose. Place the mixture in the hard whites, uniting the two parts; roll in the white of an egg and drop into hot fat and fry till light brown. Take them from the fat and drain. Make a sauce of cream or rich milk, thickened with flour, add the yolk of an egg, stir till smooth, pour over the eggs and serve.

Eggs en Marinade

Take six eggs, one pint of tarragon vinegar, twenty-four whole cloves, half a teaspoonful of mustard, half a teaspoonful of salt, half a teaspoonful of pepper. Boil the eggs fifteen

minutes. Remove the shells and stick four cloves in each egg. Put the vinegar on to boil, rub the mustard, salt, and pepper to a paste, and add to the vinegar. When boiling, cook one minute. Put the eggs in a glass fruit jar, pour over the boiling vinegar, cover and let stand for two weeks. These are nice to serve as an accompaniment to broiled steak.

Pickled Eggs

Boil the eggs from twenty minutes to half an hour. Remove the shells and put them in an earthen jar. Cover them with hot vinegar, in which has been boiled peppers, allspice, coriander seeds, cardamom, and cloves (half an ounce to two dozen eggs), or merely use plain, hot vinegar, and let them stand twenty-four hours before using.

Creamed Cheese Balls to serve with Salad

Chop very fine one small, green pepper, which has been parboiled, and core and seeds removed, and a very little pimento. Put in a mortar one-half pound of cream cheese, work until it is creamy, then add the chopped mixture, a dash of cayenne, and one teaspoonful of tarragon vinegar. Work into long strips about an inch in thickness. Put in the ice-box to harden. Have some nice, finely shredded celery, one red apple cut the same way, one cup of mayonnaise dressing. Arrange nice, crisp leaves of lettuce round your bowl, then set in the celery and apple already mixed with the mayonnaise. With scissors cut the cheese mixture into little balls all round the dish.

Cheese Croquettes to serve with Salad

Mix one tablespoonful of melted butter and one tablespoonful of flour with one teacup of milk. Place on the fire to let it come to a boil. Season to taste and stir in the beaten yolks of two eggs. Set away to cool. When thoroughly cold, mix

with two tablespoonfuls of grated cheese — American or Parmesan — and a dash of cayenne. Form into croquettes, dip into beaten egg, roll in fine cracker crumbs, and fry in hot fat.

Cheese Timbale

Mix one cup of cream, one tablespoonful of butter, and two tablespoonfuls of flour together, and stir over a moderate fire until the mixture comes to a boil, then stir in five tablespoonfuls of grated Parmesan cheese. Strain through a purée sieve and set away. When cold, stir in three well-beaten eggs and salt and white pepper to taste. Grease some small timbale moulds. Decorate the inside with truffles. Pour the mixture in, then set in pan of water, and bake in hot oven for ten minutes. Serve with cheese sauce.

Pot Cheese

Place over the fire a pan of milk which has soured and thickened. When it has become scalding hot, ladle the curd and whey into a muslin bag, and hang up the bag to drain for an hour or two. Then take the curd from the bag, moisten with thick cream, mix in a small quantity of salt, work well with the hands, and either form in a mound, in a glass dish, or roll in balls. Keep well covered, in a cool place, and serve cold.

Fondue of Parmesan Cheese

Mix two ounces of flour with two ounces of butter, a very little salt and white pepper, and half a pint of milk. Stir over the fire until it boils. Work it quickly with the spoon until it is perfectly smooth, then add six ounces of Parmesan cheese and the well-beaten yolks of six eggs. Whip the whites quite firm and lightly stir them in. Fill a soufflé case with this mixture. Bake in quick oven and send to the table as soon as it is ready.

Golden Buck

Heat one egg in a small saucepan. Add to it five ounces of soft American cheese broken in small bits, one level tablespoonful of butter, one-third of a teaspoonful of salt, a level teaspoonful of mustard, a dash of cayenne pepper, and five tablespoonfuls of milk. Toast five slices of bread, keep them warm. Place the saucepan containing the cheese mixture into another of boiling water and stir constantly until the cheese is almost creamy. Set the pan where the contents will keep warm and yet not cook any more. Poach or drop ten eggs in boiling salted water. Spread the cheese mixture on the toast, arrange on a warm dish, putting two poached eggs on each slice of toast. Serve at once.

Gherkin Buck

Convert into a soft pulp, by a constant stirring in a saucepan over a fire, a half pound or so of good American cheese well sprinkled with pepper and wet with ale. To a pound of cheese allow a teacup of ale. When very hot, which will be in from three to five minutes, pour over hot toast, and upon the top of each piece of toast lay a thin slice of broiled bacon. Serve hot.

Ramekins, a Jewish Dish

Mix together three eggs, one ounce of warmed butter, and two ounces of a fine cheese grated. Bake in small patty pans.

Welsh Rarebit

One pound of soft American cheese, one tablespoonful of butter, one-half teaspoonful of dry mustard, one-fourth saltspoonful of cayenne, one tablespoonful of Worcestershire sauce, one gill of beer, and some slices of toast. Put the seasoning, butter, and beer in the chafing dish. When the butter is melted, add the cheese cut in small dice, — to grate it is better, — stir

all the time, and add a little more beer if it is needed. When the cheese is melted and creamy, serve at once on the toast.

Milk may be used in place of beer.

Welsh Rarebit

Take four ounces of cheese, half an ounce of butter, a spoonful of made mustard, two tablespoonfuls of cream, cayenne and black pepper to taste.

Grate or chop the cheese in a bowl and rub all the ingredients to a uniform paste, adding a tablespoonful of milk, ale, porter, beer, or Champagne. Make a slice of rather thick toast. Dip it an instant in boiling water and place in the oven.

Transfer the prepared cheese mixture to a saucepan and stir over a gentle heat until melted, then heat up quickly and pour upon the toast, and serve.

Swiss Rarebit

Take as many eggs as you wish — the number being based on the number of your guests — and weigh them. For your cheese take a third of the weight of the eggs and for butter a sixth of the weight of the eggs. Beat the eggs in a saucepan, grate or cut in small pieces the cheese, add that to the eggs, stirring all the time, and then add the butter. Stir well over a good fire until the mixture is thick and smooth. Add little salt, a large dash of pepper, and serve in a hot dish. This is best cooked in a double kettle.

Forcemeat of Bread

Cook two finely chopped onions with one ounce of butter for five minutes. Soak one loaf of stale bread in water for half an hour. Squeeze it dry and put it in a bowl with three raw eggs, one tablespoonful of salt, two teaspoonfuls of white pepper, a tablespoonful of sage, a scant half teacupful of grated nut-

meg, — if it is desired, — three skinned links of sausage, a little finely chopped parsley. Add the onions. Mix all thoroughly. Have this mixture moist.

Bread mixture for Timbale of Turkey Livers, p. 198.

Forcemeat of Chicken

Remove the raw white meat from a tender fowl weighing about four pounds. Mortar the meat well and rub through a fine sieve. Weigh it. There should be about half a pound. Place it in a mortar and in small portions rub in two tablespoonfuls of butter. Stir until it is well mixed. Then add the beaten whites of four eggs, one teaspoonful of salt, a quarter of a teaspoonful of white pepper, and a dash of cayenne. Then add one pint of whipped cream, measuring it after it is whipped. Mix well and put on ice for one hour. This forcemeat may be used many ways, — for borders, covering chops, tongue, quenelle, or to stuff boned squab.

Chicken Forcemeat Balls

See Mock Turtle Soup, p. 80.

Forcemeat of Chicken Liver

Have at hand six chicken livers, one pint of cream or chicken stock, one-half pint of stale bread crumbs, three eggs, one tablespoonful of salt, one-sixth of a teaspoonful of pepper, eight tablespoonfuls of butter, and one-eighth of a teaspoonful of ground mace. Wash the livers, put them in a pan, and cover with boiling water. Let them boil for half an hour. When cold, pound to a smooth paste and rub through a purée sieve. Mix the bread crumbs and cream together and cook them slowly until a smooth paste is formed. Remove from the fire, add the butter to the paste, let it cool slowly, then add the liver, seasoning, and the eggs which have been well beaten. Mix thoroughly and set away to cool.

Forcemeat of Hard-boiled Egg

Mix well in a mortar the yolks of six or eight hard-boiled eggs, salt, pepper, and parsley to taste, and a little flour—say a teaspoonful. Form the forcemeat into balls with the aid of uncooked egg and boil them in stock either for serving with soup or for garnishing fish and meats.

Fish Forcemeat, p. 101

Veal Forcemeat, p. 102

Forcemeat for Baked Trout, p. 116

Forcemeat for Baked Red Snapper, p. 109

Tomato Forcemeat

See Peppers, Stuffed with, p. 251.

Forcemeat of Mushrooms

Prepare the mushrooms of the button variety by skinning and pounding them, and cooking them slowly in butter for ten or fifteen minutes. After they are cold, chop them, mix them with their proportion of fine bread crumbs. Season with salt, pepper, and some spice like nutmeg, if you wish, and mix in last the yolks of eggs—enough to make the stuffing plastic. Roll it in any agreeable form, fry it in butter, and use it as a garnish for poultry or game.

Stuffing of Mushrooms

See Stuffed Cabbage, p. 236.

Oyster Stuffing for Turkey

See Roast Turkey, p. 196.

Forcemeat of Truffles

Fry gently for a moment in a little butter half a pound of truffles, and then add half a pound of minced bacon and a

seasoning of herbs. When all are well mixed, grind well in a mortar, pounding in with the meats a little salt and pepper, half a cup of softened bread crumbs, and enough of egg to hold the forcemeat well together.

Virginia Boned Turkey Stuffing

Take six eggs, boil hard, and chop fine. Four slices of lean ham chopped fine, one tongue boiled and sliced, some slices of pickled pork and bread crumbs to complete a plentiful filling. Season with butter, red pepper, salt, thyme, sweet marjoram, and, if liked, onion. Celery seed may also be added.

Poultry Forcemeat à la Constantinople

Take equal quantities of rice (which has been cooked), roasted chestnuts, peeled and cut in small pieces, and half the quantity each of currants and pistachio nuts. Mix them well together with butter, salt, and pepper.

Stuffing for Ducks

A forcemeat for ducks is made of an onion and sour apples chopped together, mixed with three times their quantity of fine bread crumbs, and seasoned with mint, sage, butter, pepper, and salt.

Stuffing for Chicken

A forcemeat for chicken is made of stale bread crumbs soaked in milk or water and seasoned with mint, sage, pepper, salt, and butter.

Stuffing for Goose

A stuffing for goose is made of chestnuts which have been roasted and freed from their skins. With the chestnuts are mixed the boiled and finely chopped giblets of the goose, and

the whole is seasoned liberally with butter, salt, pepper, a little onion or garlic, and parsley.

A goose is sometimes stuffed with fine mashed and well-seasoned potatoes.

Chestnut Stuffing for Goose under Roast Goose, p. 199.

Stuffing for Goose under Baked Wild Goose, p. 199.

CHAPTER XI

HOT PUDDINGS, CUSTARDS, SOUFFLÉS, ETC.

Almond Pudding, a Jewish Receipt

BEAT up the yolks of ten eggs and the whites of seven. Add half a pound of sweet almonds pounded finely, half a pound of white sugar, half an ounce of bitter almonds, and a tablespoonful of orange-flower water. When thoroughly mixed, put in a well-buttered pudding dish and bake in a brisk oven. Before serving, strew powdered sugar over the top, or pour over clarified sugar with orange-flower water.

Baked Apples

Wash the apples and core them with an apple corer. Set them in a deep pan, sift over them sugar enough to make quite sweet, and fill the pan half full of water. Turn them over after baking a short time and bake slowly in a steady oven an hour to an hour and a half. Set a pan of water in the upper oven when you put the apples in the stove.

Buttered Apples

Pare six or eight apples of a firm flesh but of a good cooking sort and an agreeable tart. Cut out the core without piercing the outer flesh and fill in the centre with fresh butter. Set the apples in a porcelain-lined stewpan just large enough to hold them in a single layer, add a little water and stew them gently, turning them if necessary. When they are tender and quite done through, strew upon them as much sugar as will sweeten the dish highly, adding a teaspoonful of powdered cinnamon.

Stew gently a few minutes longer, lift the apples to a hot dish, lay upon each apple a spoonful of apricot jam or a few blanched almonds, pour the syrup from the pan round the apples and serve.

Utica Baked Apple Sauce

Pare, core, and quarter nice tart apples. Put them in an earthen baking dish, sweeten and spice to taste, cover with water. Lay a cover on the baking dish and bake the apples till tender.

Old-fashioned Boston Apple Pudding

Peel a dozen and a half of good tart apples and take out the cores, cut them small and put them in a porcelain stewpan that will just hold them with a little water, a little cinnamon, two cloves, and the peel of a lemon. Stew over a slow fire till quite soft, then sweeten with sugar and pass through a sieve. Add the yolks of four eggs and the white of one, a quarter of a pound of good butter, half a nutmeg, the peel of a lemon grated, and the juice of a lemon. Beat all well together, line the inside of a deep pie dish with puff paste, put in the pudding, and bake half an hour.

Apple Meringue, Plain

Peel, core, and slice ten or twelve good-sized apples. Cook them until they are of a good consistency with three ounces of granulated sugar, two ounces of butter, and the chopped rind of a lemon. When thoroughly cooked, shape in a dome form and cover with meringue. Fill a pastry bag with meringue and decorate the surface. Sprinkle with sugar and bake in a moderate oven until a delicate brown. Decorate with currant jelly.

Bread Pudding

Take a loaf of French bread and cut it in thin slices. Butter and mix the slices with four ounces of raisins and two

ounces of citron cut in fine shreds. Boil a pint and a half of milk with six ounces of granulated sugar. Remove from the fire and add the well-beaten yolks of six eggs and a little finely chopped lemon rind. Strain the mixture over the bread, let it stand for ten minutes, and bake in pudding dish for half an hour until it is light brown. Serve hot with any kind of pudding sauce.

Bread Pudding

Soak a pint of fine bread crumbs in a pint of milk, and when soft add three tablespoons of cocoa well mixed with a little water. To another pint of milk add half a cup of sugar and three well-beaten eggs. Blend all the ingredients and add half a teaspoon of salt. Pour into a well-buttered pudding dish, set the dish in a pan of hot water, and bake an hour. Serve with a cream either whipped or not whipped, and flavored with vanilla.

Cabinet Pudding

Have at hand one and a half ounces of candied orange peel, four dozen sultana raisins, four ounces of currants, one pint of milk, four eggs, the grated rind of one lemon, three tablespoonfuls of granulated sugar, and a few slices of sponge cake. Rub a pudding mould with melted butter. Then cut the orange peel into thin slices and arrange in the bottom of the mould. Fill in the spaces with raisins and currants. Arrange a few slices of sponge cake, moisten them with a few drops of melted butter, and sprinkle them with currants. Proceed in this manner until the mould is nearly full. Mix the milk with the grated lemon rind, sugar, the eggs, which should be well beaten, and a little bit of grated nutmeg. Strain and pour into the mould, which should be quite full. Tie a piece of buttered paper over it and let it stand for two hours. Then tie it tightly in a cloth, plunge it into boiling water, and cook for one hour. Remove from the water, let it stand a minute or

two, and then remove the cloth. Invert it on a dish, and serve with sweet sauce in a separate dish. In place of the lemon rind, any desired flavoring may be used, and it will be much richer if cream is used instead of milk.

Cream of Chestnuts with Caramel Sugar

Cook tender, in enough water to cover them, one pound of shelled and peeled chestnuts with a scant one-quarter of a vanilla bean. When cool, pound them in a mortar and rub through a purée sieve. Mix with the well-beaten yolks of four eggs, five entire eggs well beaten, half a pound of granulated sugar, and one pint of milk. Mix thoroughly and again rub through a purée sieve. Cover the bottom of a timbale mould with one gill of caramel sugar. When cold, butter the sides of the mould and fill it with the chestnut mixture. Set the mould in a pan with hot water to half its height. Place it on top of the range, and when the cream comes to a boil, cover it with a paper, and set the pan in a slack oven where the mixture will cook without boiling for one hour, or until it is firm to the touch in the centre of mould. Serve, pouring over it the caramel sugar, which is in the bottom of the mould.

To make Caramel Sugar

Mix one pound of granulated sugar with a gill of cold water, boil over a brisk fire until it has passed the clear brittle state, and is a light brown. Place in a pan of cold water to prevent its turning any darker. Use as soon as possible.

Chestnut Pudding

Boil twenty-five chestnuts, remove the shells, and rub the pulp through a sieve. Mix with one-half pint of cream two ounces of butter, three ounces of granulated sugar, and a little salt and vanilla to taste. Stir these ingredients over the fire

until the preparation begins to thicken, then stir it briskly to prevent it from sticking to the pan. As soon as it leaves the sides of the pan, remove from the fire, and add the well-beaten yolks of four eggs and the whites of three eggs whipped firm. Butter a plain mould and fill it with the mixture, fastening the cover on securely. Steam for one hour and a half. When cooked, invert it on a dish, pour some warm diluted apricot jam over it and serve.

Chocolate Blanc-mange

Soak seven sheets of sheet gelatine in half a cup of cold water. Boil together for five minutes one quart of hot milk, one cup of sugar, two ounces of grated chocolate, and a little salt. Flavor with vanilla after adding the dissolved gelatine, stirring constantly. Wet the mould with cold water, pour in, and set away to harden.

Chocolate Pudding

Soak one pint of bread crumbs in one quart of milk. See that the bread is thoroughly dissolved. Mix one ounce of grated chocolate with three tablespoonfuls of granulated sugar and one tablespoonful of boiling water. Stir constantly over a brisk fire until it becomes smooth. Remove from the fire, stir in a few spoonfuls of bread and milk. Stir until it is smooth, and then mix with the rest of the bread and milk. Beat the yolks of four eggs and the white of one egg together, and mix with one-quarter of a cup of granulated sugar and one teaspoonful of salt. Stir into the bread mixture. Pour into a pudding dish and bake in slow oven for forty minutes. Beat the whites of three eggs to a stiff froth, stir in three tablespoonfuls of powdered sugar, and flavor with vanilla extract. Spread this over the pudding and bake twenty minutes longer with the oven door open. Whipped cream is very nice served as a sauce. This pudding may be served hot or cold.

Chocolate Pudding

To a little more than a pint of milk add three tablespoons of grated chocolate and beat together in a double boiler. When thoroughly heated, add two tablespoons of corn-starch wet with a little cold milk. Take from the fire and add the yolks of four eggs in which a cup of sugar has been beaten, put in a pudding pan, set this pan in another pan of hot water, and bake in the oven till the eggs are set. Make a meringue of the whites of the eggs and one cup of sugar, spread over the top, and brown. Vanilla flavoring should be used in the pudding and meringue.

Cocoanut Custard

Boil one quart of milk, and at the boiling-point add three tablespoonfuls of corn flour, blended in a little water. Remove the saucepan from the fire and stir in one-quarter of a pound of butter. Let it stand until perfectly cold. Beat up separately the yolks and whites of six eggs until very light. To the beaten yolks add three-quarters of a pound of sugar and the grated pulp of one cocoanut. Put this mixture into the milk with the whites of the eggs. Line a dish or dishes with pie pastry, fill with the custard, and bake. Serve hot.

Cocoanut Pudding

In one boiling quart of milk gradually stir a scant three-quarters of a cup of farina. Let this boil fifteen minutes, then add one cup of grated cocoanut and three well-beaten eggs. Stir briskly to prevent the eggs curdling. Butter a melon mould and line with very fine bread crumbs. Pour the mixture into it, place the mould in a pan of water, and bake in a moderate oven for three-quarters of an hour. Serve hot with wine sauce.

Cottage Pudding with Fruit

Cut fresh rhubarb in small pieces and half fill a pudding dish, sweeten it, and then pour the following pudding batter on top. One egg, one cup of milk, one tablespoon of butter, one pint of flour, one teaspoonful of soda dissolved in a little water. Bake in moderate oven. Serve this pudding with hard sauce. Any kind of fresh fruit may be used.

Cream Biscuit

Put in a basin and work well with a wooden spoon the yolks of three eggs, three ounces of granulated sugar, and the rind of half a lemon chopped very fine. Beat the whites of three eggs to a froth. Mix with the yolks, add two ounces of sifted flour, and half a pint of whipped cream. Pour this preparation in six paper cases, sprinkle with sugar, and place on baking sheet. Bake in brisk oven for nearly ten minutes. Serve hot.

Cream Puffs with Cream Filling

Mix half a cup of melted butter in one cup of hot water, set on a stove, and when boiling stir in one cup of flour. Remove from the fire and let it cool. Then stir in three eggs, one after the other; do not beat them. Drop on buttered tins, bake in hot oven twenty to thirty minutes.

Cream Filling

A pint and a half of milk, two eggs, half cup of granulated sugar, and two tablespoonfuls of corn-starch which has been dissolved in a little water. When the milk is boiling, add the eggs, sugar, and corn-starch. Keep stirring and beating until it is a thick cream.

Cream Croquettes

Mix six eggs, half a pound of sifted flour, a pinch of salt, and the rind of one lemon chopped fine. Work well with a

wooden spoon until very smooth. Dilute with one quart of milk. Stir steadily over the fire and boil fifteen minutes. Instantly stir in the yolks of four eggs and four ounces of powdered sugar. Mix well, pour into a slightly oiled tin pan, and cool thoroughly. When cold, sprinkle dry crumbs on a table, turn the cream over, divide in pieces about two inches wide by three inches long. Dip in beaten egg, roll in fine bread crumbs, fry in hot fat until a light brown. Drain, sprinkle with powdered sugar, and serve hot.

Baked Custard

Let one quart of milk come to a boil. Cool the milk a little, pour it gradually over six well-beaten eggs, stirring all the while. Add a pinch of salt and sugar to taste. Pour into a deep pan. Grate nutmeg thick over the top. Set the pan in the oven in another pan in which is water. Set a square pan of water in the upper oven. Bake in a moderate heat a light brown. When done, a knife will come out clear.

Custard Caramel

Mix one cup of granulated sugar, half a cup of water, and two teaspoonfuls of vinegar together. Boil until, when tested in cold water, it hardens. When partially cool, line an oval mould with the mixture. Make a custard of one quart of milk, six eggs, and vanilla to taste. Fill the mould. Bake in moderate oven till firm to touch. Save the caramel that is left after lining the mould, thin it with water, and when the custard is inverted on the dish, pour the liquid over it.

Compôte of Green Currants

Simmer until tender one pint of green currants (stripped from the stalks) in a syrup made of half a pint of water and five ounces of sugar. Boil the syrup before adding the currants.

Serve with boiled rice and a dish of pulverized sugar, if more sweetness is wished

Compôtes of other fruits may be used in this way, such as green apricots cherries, damson plums. The sugar must be in proportion to the tartness of the fruit.

Fig Pudding

Take half a pound of chopped suet, four eggs well beaten, one pint of milk or cream, half a pound of figs cut in small pieces, one pound of flour, and three teaspoonfuls of baking powder. Sift the flour and baking powder together, add suet, eggs, one teaspoon of salt, the figs, and mix all thoroughly with the milk and two tablespoonfuls of granulated sugar. The batter should be quite stiff. Put it in a well-buttered pudding mould and boil two hours. Serve with rum sauce.

Fig Pudding

One-half pound of beef suet cut fine, one-half pound of bread crumbs soaked in one pint of milk, one pound of figs chopped fine, one-half pound of granulated sugar, one-half cup of molasses, two tablespoonfuls of flour, one-half teaspoonful of soda dissolved in a little water, one-half cup of Sherry wine, one teaspoonful of ground cinnamon, one teaspoonful of grated nutmeg, and five eggs. Mix thoroughly and fill a mould. Cover securely and boil in kettle of water for four hours. Serve with a wine sauce.

Dessert Fritters

Boil one pint of water five minutes with four ounces of butter, one tablespoonful of sugar, and the rind of one lemon. Remove the lemon and at once add ten ounces of sifted flour, mixing thoroughly with a wooden spoon. Stir over the fire until the dough does not stick to either the spoon or saucepan. Remove from the fire and one by one stir in ten eggs. The dough ought to be of the consistency of thin paste. Ten minutes before

serving, have a large deep pan filled with very hot fat. With a spoon and the forefinger of the left hand drop large nutmeg-sized bits of the paste into the fat, fry slowly until crisp and expanded four times the original size. Drain, dish upon a folded napkin, sprinkle with sugar, and serve hot.

Marrow Fritters

Dip slices of cold marrow pudding in a beaten egg, roll in fresh bread crumbs, and fry until light brown in deep hot fat. Sprinkle with sugar, and serve separately on a folded napkin with Madeira sauce.

Strawberry Fritters

Have large, ripe strawberries, roll them in melted peach marmalade or strawberry jam, then in powdered macaroons. Dip in sweetened flour batter and fry in deep hot lard. Drain on brown paper, roll in powdered sugar, place on a folded napkin, and serve.

Sweet Flour Batter

Mix half a pound of sifted flour with the well-beaten yolks of three eggs. Add enough water to make a thin batter and powdered sugar to suit the taste. Lastly, beat the whites of the eggs to a froth and mix with the batter.

Graham Pudding

Mix one teacup of sweet milk, one of molasses, one of raisins, seeded and chopped, two of Graham flour, and one teaspoonful of salt and two teaspoons of soda. Pour into a well-buttered pudding boiler and boil three hours.

Cream and sugar may be served as a sauce, or a branded sauce may be used.

Hard Sauce

To one heaping tablespoon of butter, add enough sugar to make it creamy — say half a cup — and one teaspoon of boil-

ing water. Beat till it is light and smooth, and flavor with vinegar to taste. Place in a dish and grate nutmeg over the top, covering well.

Indian Meal Pudding, Baked

Take one pint of new milk, half a pint of water, and mix and scald. Turn the hot mixture gradually on six tablespoonfuls of meal. Put in a bit of butter the size of an egg, a little salt, three tablespoonfuls of sugar, two of molasses, and one egg. Beat all together and bake in a slow oven two or more hours.

Indian Meal Pudding, Boiled

Take two cups of Indian meal, one cup of wheat flour, two eggs, salt, and sour or buttermilk to make a batter, which should not be too thick, but rather thin, to allow for the swelling of the meal. Boil about three hours in a pudding boiler.

The best sauce for this pudding is scraped maple sugar and cream. By some a thick sour cream is preferred.

Lamplich, a Jewish Receipt

Mix together half a pound of currants, the same quantity of raisins and sugar, a little citron, ground cloves, and cinnamon, and eight apples finely chopped. Have ready a rich puff paste cut in small triangles. Fill the pieces with the fruit, bringing the edges of the paste together, and lay them like puffs in a deep dish, putting them closely together. When the dish is full, pour over one ounce of fresh butter melted in a teacup of clarified sugar and flavored with essence of lemon. Bake in an oven not too brisk.

Lemon Pudding

One quart of rich lemonade, four tablespoons of sugar, six apples pared and cored, and a pinch of salt. Bake in a pudding dish.

Marrow Pudding with Sauce

Chop fine one pound and a half of beef marrow and twelve ounces of fine bread crumbs. Mix them thoroughly with half a pound of granulated sugar, half a pound of candied citron, candied lemon and orange peel cut in fine shreds, half a pound of currants, four well-beaten eggs, half a gill of brandy, one gill of Madeira wine. Butter a large round mould not too high, fill it with the mixture, and bake on a baking sheet, in a moderate oven for one hour. Invert on a dish, cover with the following sauce, and serve very hot: —

Sauce

Yolks of six eggs, three ounces of sugar, half a pint of Madeira wine. Beat the mixture over the fire with an egg-beater until it is thick and frothy. Serve at once.

New England Pandowdy

Fill a deep pudding dish (the dish should be earthen or porcelain lined) with well-peeled and cored apples of a variety that will cook up soft and retain a pleasing tart. Put in water enough to last during the cooking of the apples and give a "juice" for the eating, but not enough to make the compôte watery. Over the apples lay a baking powder biscuit crust — a crust well shortened, but not so saturated with baking powder as anxious or careless cooks are apt to make it. Bake in a moderate oven till the apples and crust are done. If the crust cooks before the apples, invert a pan over the dish, not forgetting a pan of water in the upper oven. Serve with a sauce of thick cream into which a cupful of sugar has been beaten, or maple sugar is stirred.

Some cooks dust the apples with sweetening before putting on the crust. Peaches may be used instead of apples.

Baked Pears

With plenty of water stew the pears till tender. Then place them in a pan. Add the juice in which they were boiled, making the pan more than half full. Set in the oven and bake quite soft, turning them once, and always set the pan of water in the upper oven to protect the fruit.

Plum Pudding

Three pounds of chopped suet, three pounds of brown sugar, three pounds of currants, three pounds of sultana raisins, three pounds of candied lemon and orange peel, three teaspoonfuls of salt, three ounces of mixed ground spices, three pints of brandy, one pint of black molasses, one pound and a half of bread crumbs, one pound of flour, and twenty eggs. Butter the moulds, tie in cloths, and steam six hours. The above receipt will fill twelve good-sized moulds. One half or less that quantity may be used. After being steamed the puddings will keep a long time, if set in a cool place.

Plum Pudding

One pound of brown sugar, one pound of raisins, one pound of currants, one pound of sultana raisins, one pound of suet, half a pound of citron, half a pound orange peel, six large apples, five eggs, one large cup of milk, one large cup of flour, one small cup of bread crumbs, one pint of Sherry, one pint of brandy, one tablespoonful of ground cinnamon, one tablespoonful of ground cloves, one grated nutmeg, and one teaspoon of salt. Chop the suet and apples, which have been peeled, in small pieces, cut the large raisins in half, the orange peel in small pieces, and slice the citron as thin as possible. Have the eggs well beaten. Stir all the ingredients in a stone jar. This will make more than one mould. Butter as many moulds as

required, fasten the cover on securely, and put in kettle of boiling water. Cook steadily for six hours. Serve hot with brandy sauce.

Prune Pudding

Stew one pound of prunes, press through a colander, and add two cups of sugar. Beat the whites of five eggs and stir with the prunes, pour into a pudding dish, and bake ten minutes.

Cream may be eaten with this pudding, or a sauce made of the yolks of the eggs, beaten in milk, with a little sugar added while cooking.

Pennsylvania Quinces

Rub the fir thoroughly from the quinces, core them, stuff the centre with sugar, put in a baking pan with a little water, and bake till tender. If they tend to dry on top, baste and cover them with an inverted pan. Serve with a sauce of cream flavored with brandy, wine, or vanilla.

Raised Rum Baba

Dissolve one compressed yeast cake in half a cup of warm water. Let it stand in a warm place for thirty minutes. When the yeast floats to the top, add four ounces of flour and a little more water to make it a soft batter. Let it stand in a warm place till it rises very light. In another bowl place one pound of flour, six ounces of butter, and two ounces of sugar. Mix thoroughly, and then stir in a pint and a half of warm milk which has been boiled and partially cooled. Next add the three eggs, one after the other, and one wine-glass of rum. Mix well. Add one ounce of currants with three ounces of raisins and half an ounce of citron cut in small pieces. Let this mixture stand one hour before adding the yeast batter. Work them together thoroughly. Fill a well-buttered mould about half full, allowing the dough room to swell. Bake in a

moderate oven for forty-five minutes. Just before serving, pour over it two liquor glasses of rum. Sprinkle with powdered sugar and serve with brandy sauce.

Sponge Batter Pudding

Put half a pint of milk in double boiler and put it on to heat. Meanwhile, mix half a pint of milk with a generous half cup of flour, making a smooth paste. Add this to the milk when it begins to boil. Cook four or five minutes, add three tablespoonfuls of butter, a quarter of a cup of sugar, and the beaten yolks of three eggs. Let it get a little cool. Beat the whites of three eggs to a stiff froth and add to the mixture. Put it in a buttered dish. Set the buttered dish in a pan of water and bake in quick oven for an hour and a half.

Sponge Pudding with Sauce

One-quarter of a cup of granulated sugar, one-half cup of flour, one-quarter of a cup of butter, one pint of boiling milk, the yolks and whites of five eggs. Mix the sugar and flour, wet it with a little cold milk, then stir it into the boiling milk. Cook until it thickens and is smooth. Add the butter, and when well mixed stir in the well-beaten yolks of the eggs and, lastly, the whites, beaten to a stiff froth. Mix thoroughly and pour into a buttered mould. Place the mould in a pan of hot water and bake in a hot oven. Serve hot with the following sauce: —

Sauce

Cream one-quarter of a cup of butter with one-half cup of powdered sugar, add two tablespoonfuls of wine and two tablespoonfuls of cream. Just before serving, place the bowl over boiling water. Stir until it becomes creamy.

Rum Omelette

To two eggs, beaten thoroughly with two ounces of sugar, add one glass of Jamaica rum. Melt four ounces of butter in a saucepan and pour in the egg mixture. Stir on the fire and cook. When done, roll the omelette, turn it on a dish, sprinkle with powdered sugar, and send to the table. Have a glass of Jamaica rum at hand, pour it on each side of the dish, apply a lighted match, and serve when the alcohol has almost burned itself out.

Strawberry Shortcake

Put one quart of sifted flour in a large earthen bowl, add to it one-half teaspoonful of salt and three heaping teaspoonfuls of baking powder. Mix thoroughly, and then cream it with two heaping teaspoonfuls of butter. When this is done, stir in enough rich milk to make a soft dough. Butter three round pans, the same as for layer cake. Roll the dough on a lightly floured board until it is half or three-quarters of an inch thick. Cut it the same size as the pans and place it in them. Bake in a quick oven for eighteen minutes. Remove from the pans; and when partially cool, butter the top of each layer. Prepare two quarts of nice ripe strawberries as follows: If necessary, wash and drain thoroughly in a colander. Place in an earthen bowl and cover them with powdered sugar. It depends upon the sweetness of the berry as to the quantity of sugar to use. Crush the berries with a potato masher so that they may be thoroughly mixed with the sugar. Do not mash them to a pulp. Place one layer of cake in a deep round dish, spread it with the strawberries, cover with another layer, treat this in the same manner; also the third layer. Garnish the dish with whole strawberries and serve with plain rich cream or whipped cream.

Strawberry Shortcake of the Oneida Community

With a quart of flour sift thoroughly three teaspoons of baking powder and rub in one ounce of butter and a pinch of salt. Wet with a pint of sweet milk, stirring with a spoon. Do not roll out the paste, but spread it on tin pie plates, aiding by patting with the hand if necessary until the dough is about half an inch thick. Bake slowly at first till the cake rises a little and then hasten the baking, allowing in all about twenty-five minutes for the biscuit to bake. When it is thoroughly done, take a sharp knife and split it and spread each half upon its soft side with butter. Lay one-half on a generously large dish, and over it spread the strawberries which have been previously sugared, mashed a little, and mixed with cream. Having well covered one-half of the crust, lay on the other half and spread berries and cream over it as upon the first. If your crust is in small cakes and you have two, make your cake of four layers rather than of two. Work fast and don't lose a minute, for shortcakes should be served with the quickness of griddle cakes. Sweeten the fruit before you begin making the dough — say an hour before use.

Peach Shortcake

Make precisely as the above, using instead fine luscious peaches, peeled and quartered.

Red Raspberry Shortcake

Follow the directions for strawberry shortcake.

Baked Apple Shortcake

Pare and quarter tart, easy-cooking apples, enough to make a couple of layers on the bottom of a pudding dish. Lay the quarters on carefully, add a tablespoon or so of water, half a

cup of sugar, a little salt, any spice you wish, and a few bits of butter. Upon this spread a paste made as you make a strawberry shortcrust. Bake until the apples are done and the crust is a light brown. Loosen the crust, turn the pudding dish upside down over a plate or platter, and have the crust and apples inverted. Separate into little squares and serve with scraped maple sugar and cream.

Soufflé with Apricot Sauce

Twelve eggs, one pound of granulated sugar, vanilla to taste, and one teaspoonful of corn-starch dissolved in a little cold milk. Divide the whites of the eggs from the yolks. Beat the eggs till firm and white, then add the sugar, corn-starch, and vanilla. Beat thoroughly. Have the yolks well beaten, and with a spoon carefully stir them with the whites. Bake in soufflé dish in a moderate oven for fifteen minutes.

Apricot Sauce

Stew some apricots, add sugar to taste. When thoroughly cooked, rub them through a purée sieve. Strain the syrup, and then add a little maraschino or other liqueur to fancy. Serve with the soufflé.

Cheese Soufflé

Beat a quarter of a pound of butter, melted with the yolks of six eggs. Season with pepper and cook it over a moderate fire till it becomes creamy. Be sure to stir it all the time and do not let it boil. When it is creamy, take it from the fire and mix in three-eighths of a pound of finely grated Swiss cheese and Parmesan cheese. Do not have the mixture any thicker. Slowly stir in the well-beaten whites of three eggs and then stir in two spoonfuls of whipped cream. Pour into the soufflé pan and put the pan on a flat sheet of tin. Bake in a slack oven about ten or fifteen minutes. Before removing from the oven, sprinkle well with grated cheese. Serve at once.

Chocolate Soufflé

Have at hand four eggs, three teaspoonfuls of pounded and rolled lump sugar, one teaspoonful of flour, and three ounces of chocolate. Separate the yolks from the whites of the eggs and to the yolks add the sugar, flour, and the chocolate, which has been grated very fine. Beat these together for five minutes. Beat the whites of the eggs till they are stiff and lightly stir them with the yolks. When the mixture is smooth and light, pour it into a buttered tin and bake in a quick oven. It must be served as soon as it is cooked, else it will fall.

Lemon Soufflé

To the well-beaten yolks of six eggs add a scant tablespoonful of powdered sugar. Beat twenty minutes, stir in the juice and grated rind of one lemon. Ten minutes before serving, beat the whites of six eggs until they are light and add to the yolks. Mix thoroughly and pour in a baking dish. Bake in a quick oven. When cooked, sprinkle with granulated sugar and serve at once.

Lemon Soufflé

Boil one cup of milk or cream with half a tablespoonful of butter. Mix one cup of sifted flour with one cup of boiled milk. Stir it into the boiled milk. Keep stirring till all is free from the bottom of the saucepan. When cool, stir in half a tablespoonful of butter which has been creamed, six tablespoonfuls of granulated sugar, and the yolks of eight eggs stirred in one by one. Flavor with wine and the juice of one lemon. Then add the stiffly beaten whites of eggs. Mix thoroughly, pour into dish, and bake for thirty minutes.

Prune Soufflé

Stew one pound of prunes till very soft. Then rub them through a colander and sweeten to taste. Beat the whites of

six eggs very stiff and add one teaspoonful of vanilla. Now add the strained prunes and beat together very thoroughly. Pour it into the dish you are to serve it in and bake in moderate oven for ten minutes. Any fruit may be used instead of prunes.

Custard Soufflé

Rub two scant tablespoons of butter to a cream, add two tablespoons of flour, and pour in gradually one cup of hot milk. Cook eight minutes in a double boiler, stirring often. Separate the yolks and whites of four eggs. Beat the yolks with two tablespoons of sugar, add to the milk, and set away to cool. Thirty minutes before serving, beat the whites very stiff, cut them lightly into the custard, and bake in a buttered dish in a moderate oven.

Cream Sauce

A quarter of a cup of butter, half a cup of pulverized sugar, two tablespoons of wine, and two tablespoons of cream. Cream the butter and sugar well, and just before serving place the bowl over hot water and stir till smooth and creamy.

Suet Pudding

Mix one cupful of finely chopped suet with one cup of sweet milk, one cupful of raisins, seeded and rubbed with a little flour, one teaspoonful of salt, one small teaspoonful of soda dissolved in one cup of molasses, and three and a half cups of flour. Place in buttered mould, cover tightly, and steam three hours. Unmould and serve hot, with hard sauce.

Suet Pudding

Mix one cup of finely chopped suet with one egg and one cup of sweet milk, one cup of seeded raisins dredged with flour, one teaspoonful of salt, one cup of molasses, three cups of flour, two teaspoonfuls of baking powder, and ginger to taste. Put

in a buttered pudding boiler of tin, cover to exclude all steam and water, and boil three hours. Invert the boiler, and serve hot with hard sauce or liquid brandy sauce.

Peach Tapioca

Pour over one-third of a cup of granulated tapioca enough cold water to soften it. Add to a quart of water in a double boiler the dissolved tapioca and boil until it is clear. When clear, take from the fire and flavor with a little fresh lemon, sugar to make quite sweet, and salt so that it will not taste fresh. Let the tapioca remain rather thick. Take one can of peaches, lay the peaches in a pudding dish, and sift sugar over them. Mix the strained juice of the peaches with the tapioca to make a proper consistency and pour over the peaches, covering them well. Set in a moderate oven and bake five or ten minutes. Serve with cream for a sauce.

Strawberry Tapioca

Is prepared after the manner of peach tapioca. The strawberries should be set on the stove, sweetened to taste, and scalded only a moment or two. Place them in a pudding dish, pouring over them the tapioca. Bake five or ten minutes.

Tapioca Cream

Boil one quart of milk in a double kettle and add four tablespoonfuls of tapioca, which should have been well soaked in water. Cook until the tapioca is transparent, adding a good pinch of salt. When the tapioca is cooked, take the mixture off the fire, and that moment add three eggs well beaten and sugar to taste. Any flavoring — bitter almond, vanilla, lemon — may be used.

Tapioca Pudding

Wash three ounces of tapioca and boil it slowly for fifteen minutes with one quart of milk, stirring it occasionally. When

partially cool, add two ounces of butter, one-quarter of a pound of granulated sugar, and three well-beaten eggs. Season with vanilla. Butter a deep dish, cover the edge with puff paste, put the pudding in it, and bake in moderate oven for half an hour.

Virginia Pudding

Five eggs, one pint of milk, one gill of cream (or an ounce of butter), three tablespoons of flour, and a little salt. Reserve the white of the eggs for the hard sauce. Bake slowly one hour.

CHAPTER XII

COLD PUDDINGS, CREAMS, MERINGUES, AND ICES

Almond Custard

SCALD, blanch, and pound very fine three ounces of almonds and only three bitter almonds. Mix thoroughly with eight custard cups of boiling cream. Place in a saucepan with the yolks of eight eggs, three ounces of granulated sugar, and one teaspoon of orange-flower water. Mix well over the fire to keep the mixture warm, but do not let it boil. Pour into custard cups. Set the cups in a pan with boiling water to half their height. Take the froth from the surface with the edge of a small piece of paper. Cover and cook slowly for twenty minutes. Let them cool in the pan. Wipe the cups clean and dry, and, if desired, serve with a dish of roasted almonds.

Banana Pudding

Scald one quart of milk, add the well-beaten yolks of three eggs, one tablespoon of corn-starch, and granulated sugar to taste. Boil long enough to make a nice thick cream. Thinly slice three bananas, arrange in a pudding dish, then pour the boiled liquid over them. Make a meringue of the whites of the eggs. Cover the top and bake all in moderate oven until a nice brown. Serve when it is quite cool.

Bavaroise with Chestnuts

Remove the shells from one pound of fresh chestnuts. Put them with some water in a saucepan and cook over a slow fire

for two hours. When the water becomes black, replace it with clean boiling water. When the chestnuts are tender, drain, skin, and pound them in a mortar with two gills of sugar syrup, reduce to a paste, and pass through a purée sieve. Place the yolks of four eggs in a bowl and beat them up with four ounces of granulated sugar. Boil one pint of milk with half a split vanilla bean, remove the bean and pour the milk on the eggs and sugar. Place over the fire and beat with a whisk until it begins to thicken. Remove and add an ounce and a half of gelatine, previously dissolved in a little cold water. When this is stirred in, strain it through a sieve and add it to the chestnuts. Place the mixture on ice and beat well until cold, then pour it into a fancy mould packed in ice. Let it stand for two hours. Just before serving, dip in hot water and invert the mould on a cold dish, and garnish with chestnuts glazed in the following manner: Select the necessary number of chestnuts, cut a small slit in each one, arrange on a tin sheet, sprinkle with salt, and bake in an oven. When tender and cooled, remove the shells and skin. Dip in a syrup composed of one cup of granulated sugar and one gill of water, boiled until, when tested in cold water, it is brittle. Drain the chestnuts and arrange on oiled paper to dry.

Maraschino Bavarian Cream

Whip one pint of cream until it is like snow. Take care not to overdo it, else it will be butter. Stir in one and a half ounces of gelatine which has been dissolved in water and then strained. Add one gill and a half of genuine maraschino, the juice of one lemon, and four ounces of pounded loaf sugar. Mix well together and pour the cream into a mould previously oiled slightly with sweet almond oil. Set the mould in cracked ice, and, when the cream has become firm, invert on a dish. The mould being oiled prevents the necessity of dipping it in warm water.

Vanilla Bavaroise

Boil one pint of milk with one-half of a split vanilla bean. Mix four well-beaten egg yolks with six ounces of sugar, add the boiling milk, and stir over a moderate fire without its coming to a boil. Remove from the fire, and as soon as it begins to thicken, take out the vanilla bean and stir in one ounce of gelatine which has been dissolved in a little water. When this is melted, pass the whole through a fine wire sieve and let it cool on the ice. As it commences to thicken, mix in three pints of cream whipped and thoroughly drained. Fill a mould with this mixture, cover with a paper the same shape as the top, fasten the cover securely, and pack in ice for two or three hours. At the last moment dip the mould in hot water and invert on a cold dish.

Chocolate Bavaroise

A chocolate bavaroise may be made the same as above, adding two ounces of chocolate dissolved in a little water just before the mixture is strained.

Biscuit Glacé

Mix the yolks of eight eggs with one pint of rich cream and four ounces of powdered macaroons, ten ounces of granulated sugar, and a very little pinch of salt. Stir the whole in a stewpan over the fire until the egg is sufficiently set or is quite thick. Strain through a wet cloth, and when cool add two wine-glasses of maraschino. Freeze in the usual way. Just before serving, stir in one-half pint of whipped cream. Fill small paper cases and sprinkle each one with powdered macaroons.

Birds'-nest Pudding

Make an orange jelly. Invert a moderately deep pie dish in a round earthen basin — one that will hold about two quarts. Pour the jelly into the basin, covering the pie dish. Stand it in a cool place to harden. Next cut the orange peel in very

narrow strips. Boil one cup of granulated sugar in half a cup of water until it hardens when tested; to test, drop a little in cold water. Dip the strips of orange peel in this syrup and place on greased paper to harden. Scald one pint of milk and stir in four tablespoons of corn-starch blended with a little water. Stir constantly while it boils and until it thickens, then add one-quarter of a cup of granulated sugar and flavor with vanilla. Have ready some eggshells that have been emptied from a small hole in the top, fill each one with the liquid and set away to harden. They should rest in a pan of meal or flour, so as to be upright while hardening. Have ready one pint of whipped cream. Turn the jelly out on a round glass dish, carefully remove the pie dish, and garnish around the space left by the pie dish with the strips of orange peel. Fill the space inside the strips with the whipped cream. Carefully remove the shells from the corn-starch eggs and arrange these in the centre, and serve.

Chantilly Pudding

Beat the yolks of four eggs with one cup of powdered sugar until they are very light and creamy, then add the grated rind of one lemon. Whip the whites of the four eggs until they are very stiff, then gradually stir in the yolks. Use a wire whisk and cut through the mixture. Do not stir more than necessary. Add two gills of flour which has been sifted twice. Butter a cylinder mould and dredge it with sugar. Pour in the mixture, filling the mould about three-quarters full, allowing it room to rise. Bake in a moderate oven twenty to twenty-five minutes. Turn it out of the mould and set away to cool. Whip very stiff one pint of rich cream, sweeten with a tablespoon of powdered sugar, and flavor with one tablespoon of Madeira. Then fill up the hollow of the pudding with the whipped cream, giving it the shape of an individual charlotte. Pour the rest of the whipped cream into a bowl, flavor it with

strained strawberry juice to color it pink. Put the cream into a paper cornucopia and form it into rosettes around the pudding. Place in ice-box for one hour. Fresh strawberries may be passed round with it.

Charlotte Russe

Line the bottom of a charlotte mould with white paper and the sides with lady's fingers. Boil half a pint of milk with one-quarter of a vanilla bean. Beat the yolks of three eggs with three ounces of sugar and add the boiling milk. Stir over a moderate fire until it begins to thicken. Do not let it boil. Remove the vanilla bean and add one sheet of clear gelatine, moistened in a little cold water and dissolved in one-half gill of boiling water. Rub the whole mixture through a fine strainer, set it away until it is slightly thick, and mix it with a pint and a half of whipped cream. Pour into the charlotte mould, cover the top with paper, and set on the ice for an hour or more. When ready to serve, invert on a dish. Have a cover for the top made of the lady's finger pastry, decorate it with icing, and, if desired, candied cherries, etc.

Charlotte Russe

Dissolve a fourth of a package, or two teaspoons, of gelatine in a fourth of a cup of cold water, and add it to half a pint of milk heated and three-quarters of a cup of sugar. Whip half a pint of rich cream, add to the gelatine and sugar, and stir in later the beaten whites of the eggs. Flavor with vanilla.

Charlotte à la Parisienne

Cut horizontally, in half-inch slices, a sponge cake, and cover each slice with a different kind of preserve. Pile the slices in their original form, and spread over the whole cake a stiff icing. One kind of preserve, instead of several, may be used for this charlotte, and pound cake instead of sponge cake.

CHARLOTTE RUSSE.

Facing page 310

WINE JELLY WITH GRAPES.

(See p. 316.)

MERINGUE SHELLS FILLED WITH PISTACHIO CREAM.

Facing page 320.

ORANGE BASKETS FILLED WITH JELLY.

(See p. 330.)

Chocolate Blanc-mange

Soak one ounce of gelatine for fifteen minutes in one cup of cold milk, then add two cups and a half of boiling milk. Mix a quarter of a pound of grated chocolate with half a cup of cold milk and add it to the gelatine with six tablespoons of granulated sugar. Place this in a saucepan over the fire and stir constantly until it boils. Remove from the fire, stir in one tablespoon of vanilla extract, and when cooled pour into the moulds, which have previously been rinsed with cold water and sprinkled with granulated sugar. Set in cold place until firm. Serve with liquid cream sauce.

Cornucopias

One egg will make twelve cornucopias. Mix with it just as much powdered sugar and just as much flour as the egg measures in a cup. Stir until smooth. Butter some tin sheets. Spread the mixture very thin and a spoonful at a time on the sheets. Allow sufficient space for them not to touch. When baked in a quick oven, they should be the size of a saucer. Remove from the sheets and quickly twist them in the shape of a cornucopia. Fill each one with whipped cream. One must work rapidly, else the cake will harden.

Caramel Custard with Sauce

Half a cup of sugar, six eggs, two tablespoons of water, half a teaspoon of salt, a teaspoon of vanilla, and one quart of milk. Put the sugar in a pan over the fire and stir until it melts and is a light brown. Add the water and stir into a part of the milk, which has been warmed. Beat the eggs, add the salt and vanilla, and the rest of the milk; strain into the milk which has been combined with the sugar and pour into a mould. Set the mould in a pan of warm water and bake thirty or forty minutes. To find out if the custard is done,

cut in it with a knife. If the knife comes out clean, it is done. Serve cold.

Caramel Sauce

Put half a cup of sugar into a pan and stir over the fire till brown. Add half a cup of boiling water and simmer ten minutes.

Coffee Flummery

Soak four sheets of gelatine in two scant pints of water over night. The next morning set the gelatine over the fire to melt and add a cup of coffee, made of the strength of two tablespoons of ground coffee. Set away to cool, having sweetened to taste. When the jelly begins to set, beat the whites of two eggs and a small half cup of sugar and add it to the jelly, then beat all until solid and white. Serve cold.

Croquante of Oranges

Remove the peel and white skin from six oranges. Then divide them by pulling them in small sections, taking care not to break the skin which envelops the pulp. Put half a pound of the finest lump sugar into a sugar boiler, with just enough water to cover it, and boil it down until it becomes brittle. To test it, when it begins to boil up in big bubbles, take a little on the point of a knife and instantly dip it in cold water. If the sugar becomes set, it is sufficiently boiled and will easily snap in breaking. Remove from the fire. The pieces of orange, stuck on the point of a small wooden skewer, must be slightly dipped in the sugar and arranged at the bottom and round the sides of a plain circular mould, which has been rubbed lightly with olive oil. When the pieces of orange are arranged and the sugar has become firm by cooling, just before sending to table fill the inside of the croquante with whipped cream, sugared and flavored with a glass of maraschino and some whole strawberries. Invert on a dish and serve.

Fanchonette

Crush two cups of red raspberries and cook them with one cup of granulated sugar until they are thick. Add the juice of half a lemon. When thoroughly cooled, stir in four finely crushed lady's fingers. Beat this mixture, a spoonful at a time, into the stiffly beaten whites of four eggs. Line a mould with blanched almonds and fill it with the mixture. Set this mould in a pan of boiling water and bake in the oven for twenty-five minutes. When cool, invert it on a dish and serve with custard sauce.

Gooseberry Fool

Cut the ends and stems off large, ripe gooseberries and put them in a jar or bowl with a little water and a little moistened sugar. Set the jar or bowl in a saucepan of boiling water and cook the fruit until it is soft enough to mash. Then rub it through a colander, and to every pint of pulp add one pint of milk, or milk and cream mixed. Sweeten it to taste.

Gooseberry Fool

Top and stalk a quart of green gooseberries and stew them with a little water in an earthen dish till they are plump and tender. Put them through a fine sieve and sweeten the jam to taste and put it in the dish in which you wish to serve it. Whip a quart of thick cream till it is stiff, stir in a wine-glass of brandy and, if you wish, a little nutmeg. Heap the cream upon the jam and serve cold.

Another Kind of Fool

Another kind of fool may be made by taking a quart of strawberries and raspberries, a pint of each, mashing them, straining them, sweetening them, not cooking the pulp, but beating it with cream, after the manner of strawberry fool. In this the brandy may be omitted.

Apple Jelly

Take a pound of granulated sugar, put it in a porcelain kettle with a pint of cold water, and let it boil till it is a rich syrup. Into this syrup drop as many quarters of apples as the sugar will absorb, adding also the juice of two lemons. Boil until the whole is quite thick, pour into a mould, and set on the ice. Serve piled high and set about with whipped cream.

Jelly à la Macédoine

Dissolve an ounce and a half of gelatine in one quart of water, add three-quarters of a pound of granulated sugar, and the juice of two lemons. Mix in a saucepan with the whites of two eggs which have been well beaten. Stir over a slow fire until the mixture comes to a boil. As soon as it boils, add a few drops of cold water, skim off the froth, and strain through a wet cloth. When partially cool, add one pint of Sherry. Pack a round jelly mould in a pail of broken ice. Pour in a little jelly, and when that has set add a layer of preserved fruit, such as peaches, apricots, plums, etc. Then cover with more jelly. Continue until the mould is full, taking care to have each layer of jelly set, and alternating with different kinds of fruit. When all is well set, — it takes about two hours, — dip the mould in tepid water and invert on a dish. The preserved fruits should be well dried before putting into the jelly, as moisture would prevent the jelly from congealing. Fresh fruit may be used.

Coffee Jelly

Make one pint and a half of strong coffee, sweeten to taste, dissolve one-quarter of a pound of sheet gelatine in water, strain it, and mix with the coffee liquid. This jelly need not be cleared. Pour into a mould or moulds and when cold and firm serve with whipped cream.

Lemon Jelly

When lemon jelly is desired, make the same as in the first wine jelly receipt given below, but omit the wine flavoring, and substitute the grated rind of two lemons before cooking the liquid. After it is strained, add the strained juice of five lemons.

Whipped Lemon Jelly

Mix one quart of water with half a pound of granulated sugar, the grated rind of four lemons, the juice of six large lemons, and one ounce and a half of gelatine, previously dissolved and strained. Stir over the fire until the sugar and gelatine are thoroughly melted and the liquid is lukewarm. Strain through a fine sieve. When the jelly begins to congeal, beat it with a wire whisk until it is frothy, then pour it into a mould and pack it in cracked ice. Serve very cold.

Orange Jelly

Dissolve one ounce and a half of gelatine in a scant half pint of boiling water, then strain. Mix three teacups of orange juice with one teacup of lemon juice, strain, and add to the gelatine. Sweeten to taste with loaf sugar and boil five or ten minutes. Beat the whites of two eggs with the eggshells, stir in the mixture, and strain through a jelly bag. Rinse a mould with cold water, pour the jelly into it, and set in cold place till it becomes cold.

Wine Jelly

Mix one box of Cox's gelatine with one pint of cold water and let it stand ten minutes, then pour in one quart of boiling water and stir until all is dissolved. Into a separate vessel put one pint of Sherry, one lemon, the rind cut up as for lemonade, the white and shell of one egg, a little nutmeg, and about half a dozen cloves. When the gelatine is cold, add this mixture to

it. Boil it five minutes without stirring. Remove from the fire and let it stand five minutes to settle, then strain through a flannel bag, pour it into moulds, and set in a cool place.

Wine Jelly

Soak half a pound of gelatine in enough water to dissolve it. Add to it two pounds of granulated sugar, the juice of three lemons, the whites of two eggs, and two quarts of water. Stir constantly over a clear fire until it is nearly boiling. Place at the side of range, and when nearly cold strain it through a wet cloth. Flavor to taste with Madeira or any wine you desire. Pour into a mould previously dipped in cold water, and when cold and firm invert on a dish.

Wine Jelly

Four pints and three-quarters of water, one pint and one-quarter of Sherry, three sliced lemons, two ounces of gelatine soaked in the water, three and a half cups of sugar, the whites and shells of three eggs. Stir all together and boil ten minutes without stirring. If this receipt is too sweet, lessen to three cups of sugar and taste. Set a colander over a crock or pan, lay a wet piece of cheese-cloth over it, pour the jelly in and let it drip through; never squeeze it. Wet a dish with cold water and pour in the jelly when cool, and set it on ice till it hardens. For serving, take out the jelly with a tablespoon and slightly break it and pile in the dish.

Lady Washington Pudding

Sift four ounces of flour into a bowl, make a hollow in the centre, and put in the yolks of two eggs, three ounces of butter, the finely grated peel of half a lemon, and one tablespoon of cream. Mix all to a firm paste. Mix four ounces of almond paste with the whites of two eggs. Add to the other mixture and work it with a wire whisk for five minutes. Place it on a

pastry board and work it for a few minutes. Form it in an oblong ball and place it on the ice for one hour. Then roll out the paste till it is one-fourth of an inch thick and cut it into a round piece — as large a piece as you wish. Lay it on buttered paper on a baking sheet. Brush over with beaten egg and bake in a medium hot oven till it is a fine golden brown. When it is cold, put one quart of strawberries in the centre. Sprinkle four tablespoons of powdered sugar over them. Whip one pint of cream and color it with strained strawberry juice. Whip another pint. Put a part of each in separate cornucopias and make a border of fancy rosettes, first one of white, then one of pink round the edge. Put the rest of the cream, which has been sweetened with three tablespoons of sugar and flavored to taste with vanilla, in fancy shapes all over the strawberries, making even waves as you go along. By using these waves the cake can be cut evenly and neatly. It is a good plan to cut the cake before decorating, as the effect is spoiled if the cake is cut way through after the decoration is put on. Place some small meringue shells filled with pink cream round the edge of the dish.

Lemon Fromage

Dissolve one cup of granulated sugar in one pint of water. Add the peel of one lemon and the juice of three lemons. Boil five minutes; add one ounce of gelatine which has been soaked in half a pint of water. Stir all together until the gelatine is dissolved, then strain. When the liquid is cold and begins to thicken, stir in a pint of whipped cream, pour into a form, and place on ice for two hours or more.

Matrimony

Pare and cut in small pieces two dozen peaches, cover them thickly with sugar, and let them stand three or four hours. Beat them in a quart of sweetened cream and freeze.

Melrose Pudding

The whites of six eggs, one cup of powdered sugar, three-fourths of a cup of flour, half a teaspoon of cream of tartar. Beat the whites very stiff, lightly stir in the sugar which has been sifted, then add the cream of tartar dissolved in a little warm water. Stir in the flour, which has been sifted twice, and one teaspoon of vanilla. Dip a fancy shaped cake pan in cold water, dredge it with sugar, and pour in the cake mixture. Bake in a slow oven thirty minutes. Make the following filling: Cut very fine three marrons, three candied plums, ten candied cherries, and one slice of candied pineapple. Soak them in maraschino for one hour. Whip half a pint of cream very stiff and stir in the candied fruit. Put in a cool place or on ice for one hour. Take your cake, and with a fancy cutter or a pastry wheel cut out the top. Scoop out the inside. At the bottom put some marmalade or strawberries that have been crushed and sweetened. Then pour in your cream mixture, replace the top of the cake, and cover with some of the whipped cream colored with strained strawberry juice. Pour the cream through a paper cornucopia and give it fanciful shapes. Spin a little sugar and put round the dish.

Nesselrode Pudding

Boil three dozen French chestnuts, and when they are done peel, pound in a mortar, and rub them through a sieve. Put this pulp in a stewpan with the yolks of eight eggs, one pint of cream, one pint of pineapple syrup, a little bit of salt, and vanilla to taste. Stir the mixture constantly over the fire until the eggs are sufficiently set, then strain it through a wet cloth. Cut in small pieces four ounces of citron, six ounces of pineapple — cooked in the syrup above alluded to — six ounces of candied cherries, and four ounces of raisins. Soak them three or four hours in two ounces of maraschino. Freeze in

the usual manner. When about half frozen, add half a pint of whipped cream and the fruit. When the pudding is thoroughly frozen, pack it in a mould and keep it covered with cracked ice until served.

Meringues

Have at hand one pound of sifted powdered sugar and the whites of twelve eggs. Beat the whites with a wire whisk until they become a perfectly smooth, substantial froth. Then with a spoon lightly mix in the sugar. Do not work the mixture any more than is necessary, else it will become soft and the meringues will be difficult to mould. The firmer the mixture, the better shape the meringues will be. Cut some heavy white paper in strips about two inches wide. Then take a tablespoon and gather it nearly full of the mixture by working it up at the side of the bowl in the form of an egg. Drop this slopingly on one of the strips of paper, at the same time drawing the edge of the spoon round the outer base of the meringue, so as to give it a smooth and round appearance — make it resemble an egg as near as possible. Place each meringue at least two inches and a half apart. As each band is filled, place it close beside the others on the table. When all the mixture is used, shake some rather coarse sifted sugar over the meringues and let them stand three minutes. Take hold of one of the bands at each end, shake off the loose sugar, and place the band on a board. Treat each band the same way. Place the board, or boards, side by side in a *very* moderate oven and bake slowly until the meringues are a light fawn color. This will probably take fifty minutes. When done, carefully remove each meringue from the paper; with a desert-spoon scoop out the white part inside, keeping them nicely smooth. Arrange them on a tin baking sheet and put them in the oven to dry. Great care must be taken not to brown them any more. Just before serving, whip some cream very stiff, flavor it with sifted powdered

sugar and vanilla, or any kind of liquor. Put a spoonful in each meringue, join two together, and arrange on a napkin in the form of a pyramid. Instead of the whipped cream you may use any kind of preserve or ice-cream. The board mentioned above should be of well-seasoned wood and about one inch thick, its size proportioned to your oven. You must have ample room for turning the boards about.

Apple Meringues

Peel and core six nice greening apples and make a good-sized space in the middle of each apple. In a saucepan put two cups of water, one cup of granulated sugar, two whole cloves, and a little dash of nutmeg. When this comes to a boil, put in the apples and cook them till they are tender. Test them with a broom whisk. When one side is done, turn the apples and have care not to break them. When they are cooked, take them out of the syrup and set them away to cool. Strain the syrup and save it for further use. Into a bowl sift half a pound of granulated sugar. Beat the whites of two eggs to a very stiff froth and add the sugar by degrees, cutting the whites down and folding them over. When the granulated sugar is mixed in, add four tablespoons of powdered sugar. Put your apples in a baking dish, fill the centres with strawberries which have been sprinkled with powdered sugar. When the apples are filled with the strawberries, cover each one with meringue. Put them in a slow oven for thirty minutes or more to color them a light brown. Do not take them out till they are thoroughly dry. Should the oven be too hot, the meringue will spoil. Take them from the oven, and when thoroughly cold with a long-bladed knife turn the shells apple side up. Whip a pint of rich cream, put it in a pastry bag, and form a rosette on each apple. Mount a strawberry on top and serve on fancy papers. The syrup the apples were cooked in may be used for bread pudding, sauces, baked apples, or deep apple pie.

Boiled Meringue Shells

Boil half a pound of granulated sugar and a quarter of a pint of water for ten minutes until they form a large ball. You test the sugar by dipping a spoon in cold water and then taking a little of the boiled sugar and dropping it into a bowl of cold water. Then by taking the sugar between your fingers if you find it forms a ball, it has cooked to the right degree. Add the well-beaten whites of three eggs to the hot sugar, and stir constantly till it begins to cool. Then set it on the ice for ten minutes. Have a board well oiled with olive oil. Put a sheet of white paper over it. On this drop the sugar in spoonfuls, either large or small as you wish. Put them one inch apart, so they will not adhere to each other. Bake in a slow oven until they are a delicate brown. Fill with cream, and serve as above.

Lemon Meringue

Dissolve two cups of stale bread crumbs in one quart of milk, add one cup of sugar, the beaten yolks of four eggs, and the grated rind of one lemon. Beat all together until very light, then pour in a buttered baking dish and bake in a moderate oven for half an hour, or until firm. Beat the whites of the four eggs with four tablespoons of powdered sugar and the juice of one lemon to a stiff froth and spread over the pudding. Place in a quick oven and bake to a light brown. This pudding may be served cold or hot.

Strawberry Meringue

The whites of seven eggs, seven tablespoons of powdered sugar, a quarter of a teaspoon of salt, and half a cup of preserved strawberries. Beat the eggs to a stiff froth, then with a spoon gradually beat the powdered sugar and salt into the froth. Butter a two-quart pudding dish and line the bottom with meringue. Drop in the preserves by the half spoonful,

alternating the fruit and froth until all is used. Bake in a moderate oven twenty-five minutes. Serve very cold with whipped cream.

Porto Rico Witches

Cut in thin slices, pound, sponge, or other cake, and spread half of each slice with guava jelly, or with strawberry, raspberry, or currant jelly if wished. On the jelly strew thickly fresh grated cocoanut. Press over it the other half of the slice and trim the whole to a good form. Pile the slices in mountain form upon a dish covered with a white napkin and garnish with sprigs of myrtle or other tropical green.

Pudding à la Française

Six ounces of crumbs, four ounces of flour, six ounces of beef marrow, six ounces of chopped apples, two ounces of mixed chopped peel, four ounces of apricot jam, two ounces of raspberry jam, five eggs, and half a pint of milk. Mix well, boil for three hours, and serve with liquid brandy sauce.

Creamed Rice

Boil one cup of rice in a little milk until it is well cooked. Use a double boiler. While the rice is hot, stir in a quarter of a box of gelatine, already dissolved in milk, and sweeten to taste. When cold, mix in one pint of whipped cream and vanilla too taste. Dip a melon mould in cold water, drain, and fill it with the rice mixture. Set on ice five or six hours.

Rice Timbale

Line a timbale mould with puff paste and set on the ice to cool. Cook two ounces of rice in one cup of milk until perfectly smooth, add the yolks of two eggs, and four tablespoons of granulated sugar. Mix thoroughly and strain through a

purée sieve. Stir in the well-beaten whites of the two eggs, and when cool, line the mould, which has already been lined with paste, with rice. Set in a cool place. Peel and quarter and remove the cores of two nice apples, place in a saucepan with two gills of water and four tablespoons of powdered sugar. Boil until the apples are tender and stir in six or seven preserved apricots, six spoons of marmalade, and a little Sherry. When this mixture is cold, place in the centre of the mould. Spread more rice on top and cover all with puff paste cut to fit the top. Place in an ice-box for half an hour, then place the mould in the oven and bake for thirty minutes, or until the paste is a nice brown. Chill it thoroughly, turn it on a dish, and serve with whipped cream.

Iced Rice Pudding à la Cerito

Wash and parboil a quarter of a pound of rice. Drain it, and put it in a saucepan with one pint of milk, half a pint of cream, six ounces of granulated sugar, a little salt and vanilla to taste. Boil over a slow fire until the grains are almost dissolved, stirring it lightly at times while it is cooking. When done, add the yolks of three eggs and stir thoroughly to mix in the eggs and to break up and smooth the rice. Pack the mixture in a fancy mould with a hollow centre and freeze. Prepare oranges in the following way: Remove the rind and white pith, cut the fruit in half, remove the core and seeds, leaving only the transparent pulp. Place them in a saucepan with half a pint of syrup made as follows: Cook half a pound of granulated sugar and a scant half pint of water till you have a smooth syrup. In this boil the oranges three minutes, then drain them on a sieve. Boil the syrup down to half its quantity, stir in two wine-glasses of curaçoa, and three tablespoons of apricot jam. Mix thoroughly and pour over the oranges. Invert the mould on a plate, fill with the oranges and syrup, and serve.

Snow Eggs

Have at hand four eggs, three gills of milk, sugar to taste, and flavoring of lemon rind or vanilla. Put the milk in a saucepan with enough sugar to sweeten it and add the rind of half a lemon. Let this steep slowly at the side of the range for half an hour. Then remove the peel. Separate the yolks from the whites of the eggs and whisk the whites to a perfectly stiff froth, or until there is no liquid remaining. Bring the milk to a boiling point, drop the snow, — a tablespoon at a time, — and keep turning them until sufficiently cooked. Then place them in a glass dish. Beat up the yolks of the eggs, add them to the milk. Mix thoroughly and then strain through a wet cloth. Put into a bowl, and set the bowl in a saucepan of boiling water. Stir it one way until the mixture thickens. Do not allow it to boil, else it will curdle. Pour this custard over the eggs. They should rise to the surface. Set in a cool place until served.

Snow Pudding

Soak two teaspoons of gelatine in a little cold water, add one pint of hot water in which one cup of sugar has been dissolved, and the juice of two lemons. Beat the whites of two eggs, add and beat the whole mixture half an hour, or until it sets.

Savarin à la Crême

One-half cup of butter, one cup of granulated sugar, half a cup of milk, three eggs, one large cup of flour, and one teaspoon of baking powder. Flavor with a little rum. Cream the butter and sugar, then the well-beaten yolks of the eggs, mix thoroughly and stir in the milk. Sift the flour and baking powder together and add to the mixture. Lastly, add the well-beaten whites of the eggs and the rum flavoring. Bake in a round buttered pan in a moderate oven forty minutes. This mixture will make two medium-sized cakes. When baked and thoroughly cool, cut out the top crust, remove the inside of

the cake, and fill with fresh fruit of all kinds cut into small pieces, and mixed thoroughly with half a cup of maraschino. Decorate with whipped cream and some of the fresh fruit.

Waffle Charlotte à la Tortoni with Glaze

Make a batter of the following: Sift two cups of flour with one heaping teaspoon of baking powder and rub into it two tablespoons of butter. When well mixed, add one cup of milk, half a teaspoon of salt, three eggs, one after the other, stirring in one thoroughly before the next is added. Have your waffle iron hot and well greased, pour your mixture into a pitcher, and pour on the waffle iron. Turn every minute or two until both sides are a delicate brown. When all are baked, set aside for future use. Make the following preparation: Put in a double boiler the yolks of six eggs, two tablespoons of granulated sugar, three tablespoons of maraschino, and two tablespoons of Madeira. Put over the fire and stir five minutes, or until it begins to thicken. Then set it away in ice water to cool. When cold, thoroughly mix it with a pint of whipped cream, two tablespoons of powdered sugar, and one teaspoon of vanilla. Set in a cool place until wanted. Make a glaze of sugar and dip each side of the waffle in it. Lay one waffle in the bottom of the dish you are to serve it in and make a circle all round the dish. When firm on the dish, fill in with the Tortoni mixture. Set away to cool. Take a glass of red currant jelly, cook for twenty minutes, or until it will thread when pulled. Pull while it is hot into wicker and work round the waffles three rows deep, one at the bottom, one in the middle, and one on the edge, giving the appearance of a basket.

To make Glaze to join Waffles

Place one cup of granulated sugar over the fire with three teaspoons of water. Cook ten minutes. Dip in edges of the waffles and join while hot.

Reform Syllabub

Soak a quarter of a box of gelatine in a little cold water, say four tablespoons, setting the cup in hot water till the gelatine is well dissolved. Whip a pint of rich cream to a froth and stir in it three ounces of powdered sugar. Be careful to stir lightly and not break the froth of the cream. Strain in the gelatine next, exercising the same care, and as the syllabub thickens, with the gelatine, stir in also four tablespoons of Sherry and a small teaspoon of vanilla. Add two-thirds of a cup of blanched almonds chopped fine, and pour the mixture into punch glasses. Set on ice till thoroughly chilled, and serve. The cream may be colored a rose color or green by the use of vegetable coloring.

Biscuit Glacé

Dissolve one pound of sugar in a pint of water and boil five minutes. Let it cool, and when ready for freezing add a pint of rich cream and eight or ten powdered macaroons. Serve in punch or lemonade glasses and garnish, if you wish, with candied cherries and other fruit.

Cantaloupe à la Buo

Having washed and thoroughly chilled fine cantaloupes, cut them in halves and remove carefully all seeds and stringy part clinging to the seeds. Pack the halves with ice-cream, garnish with cold peaches cut in quarters, eighths, circles, or any shape your fancy directs, and serve at once. Other fruit may be used instead of peaches, the seasons and the interchange of markets sometimes permitting strawberries.

Chestnut Ice-cream

Peel and roast eighteen large chestnuts and boil until thoroughly done in the syrup made with half a pound of granulated sugar. Drain and rub through a purée sieve. Dilute the syrup

with one pint of milk, the yolks of sixteen eggs. Add twelve ounces of powdered sugar and a vanilla bean cut in short pieces. Put over the fire and stir until the mixture thickens. Rub through a fine sieve and stir in one quart of raw cream. Freeze in the usual way. Pack in the mould and salted ice for at least two hours before serving.

Chocolate Ice-cream

Put a pint and a half of milk in a double boiler and scald it. Beat two cups of sugar and four eggs together. When they are light, add to the scalded milk. Stir constantly and cook for fifteen minutes. Grate one ounce of chocolate and place over the fire with three tablespoons of sugar and one tablespoonful of water. When thoroughly smooth, stir this into the milk. When cool, stir in one quart of cream. Freeze with salt and ice, then mould and serve.

Coffee Ice-cream

Put the yolks of ten eggs in a basin with twelve ounces of sugar, a pint of good extract of coffee, and a pint of milk. Mix well, put over the fire and stir steadily with a wooden spoon until the preparation thickens. Strain at once through a fine sieve and stir at times while cooling. When cool, add a pint of raw cream. Mix well and freeze in the usual way. Serve either moulded in form or rocher-like on a folded napkin.

Coffee Mousse

Dissolve half a box of gelatine in a little milk, mix it with one cup of strong coffee, sweeten to taste with granulated sugar, and strain. Set away to cool. When it begins to stiffen, beat it up with an egg-beater till it becomes a froth, then add a pint of whipped cream. Mix thoroughly and fill a fancy shaped mould and set on the ice until hard. Invert on a platter and serve with whipped cream.

Café Frappé

Boil one quart of water with half a cup of sugar, add four ounces of ground coffee, and set at the side of the stove for ten minutes. Strain, and when cold add the white of one egg. Freeze, and serve in individual glasses topped with whipped cream.

Plombureaux Café

Pour a pint and a half of boiling cream over three tablespoons of ground coffee and let it stand well covered ten minutes. Strain through a cloth. Put the coffee cream in a saucepan over the fire with one cup of granulated sugar and the yolks of eight eggs. Stir until nearly boiling. Remove from the fire, set the saucepan in cold water, and stir until cold. Place in a freezer and freeze until it thickens, and then add a pint of whipped cream. Pack in a mould and freeze.

Frozen Jardinière

Line a mould with strawberry ice. Cut some candied pineapple, candied cherries, and angelica in small pieces, steep them in maraschino for a few hours, then add some pistachio nuts. Boil one cup of sugar and half a cup of water until they form a soft ball. Beat the whites of three eggs to a stiff foam and stir in the syrup. Beat constantly until it is cold. Whip one pint of cream stiff, add to the meringue, drain the fruit, add that, and mix all well together. Have your mould containing the strawberry ice well chilled, fill with the preparation, fasten on the cover securely, pack well in salt and ice, and freeze four hours.

Our Grandmother's Fruit en Chemise or Perlé

Choose very fine bunches of red and white currants, large ripe cherries on their stems, and gooseberries, raspberries, or strawberries with the hulls on. Beat up the white of an egg

with a trifle of cold water, dip the fruit in the mixture, drain for an instant on a sieve, roll it in fine sugar until it is covered, shake it gently, and lay it on white paper to dry. It will dry gradually in a warm room in two or three hours. Serve ice cold.

Lalla Rookh

To one quart of heavy cream whipped in an earthen bowl until it is very, very light add the well-beaten yolks of eight eggs, enough finely sifted powdered sugar to taste, and half a tea-cup of Jamaica rum. Put in a freezer, and when nearly frozen add three dozen maraschino cherries cut in half and one dozen marrons, or French chestnuts, cut in pieces about the size of a half cherry. Freeze till about as stiff as a mousse. Prepare and have it frozen half an hour before serving. The above is enough for twelve persons.

Lemon Sherbet

Mix a pint and a half of sugar and three pints of boiling water and boil together twenty-five minutes. Add the juice of ten lemons, cool, and freeze. Over each cup of this ice as it is served may be poured a spoonful of Roman punch. See receipt on page 403.

Maple Ice-cream

Put on to boil a cup of maple syrup, add the yolks of two eggs, and cook until the mixture thickens. Then add one cup of cream well whipped. Freeze.

Orange Ice

Let one quart of water and one pint of granulated sugar boil together twenty minutes. Mix the grated yellow rind of two oranges, a pint of orange juice, and the juice of two lemons. Strain, and add to the sugar and water. When cool, freeze,

pack in a mould, cover with salted ice, and let it stand two hours before serving.

Orange Sherbet

Take two tablespoons of gelatine, dissolve it in a little cold water, let it stand an hour, and then pour over it a little boiling water. Mix the juice of ten oranges with one pint of sugar and one quart of cold water. Add the gelatine and freeze.

Frozen Oranges

In eight even-sized smooth oranges cut an inch wide round hole on the stem side. Take out the pulp with the small end of a teaspoon. Soak the skins in cold water, drain, and scrape the inside smoothly without injuring the peel. Cut candied fruits such as citron, angelica, raisins, orange peel, etc., in small pieces and soak in maraschino. Mix these with enough orange ice to fill the oranges. Fill each orange. Cover with the small pieces taken out. Place the oranges in a freezer. Cover the freezer with salted ice at least two hours before the oranges are served. Arrange each one whole on a folded napkin and serve.

Compôte of Oranges, a Jewish Dish

Wash and quarter some fine oranges, arrange the quarters neatly in a dish, and just before serving pour over them a sugar syrup in which the rind of a grated orange is mixed. Garnish the dish with preserved citron cut in flower and leaf designs.

Wined Peaches

Pare and slice half a dozen large, finely flavored peaches and arrange them in graceful order in a glass dish. Put over them enough sugar to sweeten them well, pour over them two or three glasses of Champagne, and serve. Any wine harmonizing with peach taste may be substituted for the Champagne. By some a fruity brandy is preferred to wine. Set on the ice, and serve well chilled.

Baked Pears

Wipe some large, sound, iron pears and arrange them in a porcelain baking dish with the stalk ends upward. Pour a little water over them and enough good molasses to sweeten them thoroughly. Bake in slow oven several hours. If baked slowly, they will be juicy, sweet, and tender in flesh and skin. They gain in flavor if they are basted now and then with the molasses and water in which they cook. If the oven is hot, put a cover over the dish while they are baking.

Creamed Pineapple

Chop, or better grate, a fine fresh pineapple and add to it the juice of a lemon. Take half a box of gelatine which you have thoroughly dissolved in a cup of cold water — if necessary by setting the cup in a dish of hot water for a time — and pour over the pineapple. Stir it well and set it on ice till a trifle stiff. Then add the beaten whites of four eggs. Mould and serve with whipped cream sweetened and flavored to taste. Instead of the pineapple, strawberries may be used, or peaches, or red raspberries. If you use the berries, crush them, while the peaches may be cut small with a silver knife. Chill thoroughly and serve.

Pineapple Syllabub

Beat the whites of three eggs stiff, and to them add gradually three tablespoons of powdered sugar and a couple of teaspoons of Sherry, or, if you prefer, a teaspoon of Sherry and one of vanilla or orange juice. Whip a pint of cream to a stiff froth and fold in, a spoonful at a time, the eggs and sugar. Have ready a fine, fresh-grated pineapple. After you have mixed the cream and eggs, add the grated fruit, stirring it in a little at a time. Put the syllabub in punch or lemonade glasses. Set on ice till well chilled, and serve.

Plum Pudding Ice-cream

Cut plum pudding or rich fruit cake in slices, dip the pieces in brandy, and break them to crumbs. Have ready an ice cream, — it is best without flavoring of any kind, — freeze the cream, and then stir in the plum pudding and pack.

Raspberry Ice

Mix one quart of water, one pound of sugar, the juice of two lemons, one box of fine raspberries well crushed, and the whites of two eggs well beaten. Freeze.

Roman Punch

Boil one pound of granulated sugar and one quart of water ten minutes. Set away to cool. When thoroughly chilled, add the strained juice of twelve lemons and one jelly tumbler of Jamaica rum. Put all in a freezer, and when nearly frozen add the whites of six eggs whipped to a stiff froth, then finish freezing, and serve.

Strawberry Bavaroise

Mix one quart of large, ripe strawberries with four tablespoons of sifted powdered sugar. Rub through a purée sieve and prepare the following: Dissolve an ounce and a half of gelatine in one gill of water, add half a pound of powdered sugar, and when thoroughly dissolved, add the juice of one orange and fifteen drops of lemon juice. Strain through a sieve. As the mixture cools, stir constantly, and gradually add the strawberry juice. Place it on the ice, and as it thickens stir in four tablespoons of whipped cream. Place in a mould and cover with cracked ice and rock salt. When frappéd, serve in individual glass cups and ornament each cup with cream prepared as follows: —

Mix a pint of cream with four heaping teaspoons of sifted powdered sugar, the juice of one lemon, and a tablespoon of thick liquid gelatine. Whip until it becomes stiff.

Strawberry Ice

Dissolve two sheets of gelatine, moistening with a little cold water and adding a scant pint of boiling water. Add a quart and a half of cold water, four cups of sugar, the juice of three lemons, and two boxes of fine ripe berries, well crushed. This quantity will make a three-quart freezer full.

Strawberry Ice

Put one quart of fresh strawberries in a bowl and over them sprinkle two cups of powdered sugar. Let them stand two hours, press them through a fine sieve, add the juice of two lemons, a pint of water, and strain and freeze.

Strawberry Ice

Cook a cup and a half of granulated sugar for five minutes and let it stand until it gets cold. Add the juice of one lemon, one orange, and three tablespoons of strawberry syrup. Set in a cool place until it is time to freeze.

Iced Compôte of Strawberries

Pick and put on the ice in a large crystal compôte dish three pints of red ripe strawberries. Mix a gill of thick strawberry syrup with a pint of good Sauterne or Marsala. Put this in a freezer, freeze in the common way, and spread it over the berries. Serve at once.

Strawberry Nesselrode

Line a mould with strawberry ice, cover it tightly, and set it in rock salt and ice until the following preparation is made: Cut up in fine pieces a slice of candied pineapple, some candied cherries, pistachio nuts, some candied plums, — pink, green, and white, — and a few raisins. In all have four ounces. Cover them with maraschino or Sherry, according to taste. Let them stand two hours. In a saucepan put one cup of granulated

sugar and half a cup of cold water and cook steadily over a slow fire ten minutes. Test it by dropping a little of the syrup in cold water. When you can form it into a soft ball, the syrup has reached the right degree. Have the whites of three eggs beaten so you can cut them with a knife. Pour the hot syrup slowly into the whites, stirring constantly. Place the bowl in cold water and stir the mixture until it is cold. Whip a pint of cream until it is stiff and flavor with one tablespoon of vanilla. Drain your candied fruits and stir them into the whipped cream. Put this mixture in the mould you have lined with strawberry ice. Put some more strawberry ice on top. Cover it securely and pack closely in rock salt and ice. Let it stand four hours. When wanted, dip your mould in tepid water, remove the cover, and turn your cream on a dish. Put a garland of candied fruit around the edge.

Strawberry Punch

Hull a quart of fine fresh strawberries, cover them with three cups of sugar, and set them away till the sugar has drawn out their juice, and they stand in a red syrup. Then put the syrup and berries through a fine sieve and add a claret glass of sweet wine and a cup and a half of water. Stir well together and freeze. Serve in punch or lemonade glasses.

Tutti Frutti Ice-cream

The yolks of six eggs, one tablespoon of flour, one cup of powdered sugar, and one pint of milk. Beat the sugar, egg yolks, and flour together. Boil the milk, mix thoroughly with the other ingredients, and pour all into a double boiler. Cook to a thick custard and set away to cool. When cold, stir in one pint of rich cream. Pour into a freezer and freeze until the mixture becomes creamy. Have at hand some candied fruits, cherries, etc., which have been soaked in maraschino, also some

rich raisins. When the mixture is nearly frozen, add these fruits, turn the freezer a few minutes longer, then let it stand until wanted. When ready to serve, have at hand a large flat dish of shredded cocoanut. Take a spoonful of the cream at a time, mould it into the shape of an egg, then roll it in the shredded cocoanut. Spin some sugar, form into a nest, and place your eggs in it. This cream may be made with plain marrons or chestnuts in place of the candied fruits.

Vanilla Ice-cream

To one pint of whipped cream add one pint of milk and a tablespoon of vanilla. Sweeten to taste, taking care not to put in too much sugar. Freeze so that it will be perfectly smooth.

Walnut and Fig Ice-cream

Heat two and a half cups of milk, having reserved cold half a cup to mix with the other ingredients. A part of this half cup of cold milk use for dissolving a tablespoon of gelatine, and with the rest mix two tablespoons of flour, an egg, and a cup of sugar. Into the milk, heating in a double boiler, stir gradually the flour, sugar, and egg. When it has come to a custard, add the dissolved gelatine, a cup of rich cream, and a teaspoon of vanilla. After you have frozen the mixture, add the meats of half a pound of English walnuts (weighed in the shell) and a quarter of a pound of figs. The walnuts and figs should be well chopped. Beat them well in the custard and pack.

CHAPTER XIII

CAKES, FILLINGS, AND ICINGS

Icing for Cakes

ONE pound of sugar in half pint of hot water. Let it boil ten minutes, or until it becomes a small ball. Remove at once, pour it on to a well-oiled marble slab. When nearly cold, work it with a wooden spoon until it becomes white, then work with the hands until it is a creamy substance. Place in double boiler and stir over the fire until it is dissolved. Color any shade required. Pour over the cake while it is liquid and hot.

Clear Icing

Sift in a bowl half a pound of powdered sugar, add the whites of two eggs. Stir a few minutes, then add the juice of half a lemon. Stir until perfectly clear and smooth.

Royal Icing

Place the white of an egg in a bowl, add a little lemon juice or any other flavoring, and a few drops of water. Stir in the powdered sugar until it becomes of the right consistency to spread upon warm cake. Pile in the centre of the cake and with a wet knife smooth over the top and sides of the cake. It will settle into a smooth and glossy surface.

How to use a Pastry Bag

Hold the top of the pastry bag in the right hand and with the thumb and first finger of the left hand hold the funnel or end. Press with the right hand and guide with the left. Hold the funnel down close to the work.

Almond Cake

Take one pound of powdered sugar, one quart of flour, sifted twice with two rounded teaspoonfuls of Cleveland's baking powder, one-quarter of a pound of butter, seven eggs, whites and yolks beaten separately, one large cupful of almonds, blanched, pounded, and flavored with one teaspoonful of rose water, and one-half teaspoonful of the essence of bitter almonds. Cream the butter and sugar, beat the whipped whites into the mixture, alternately adding the almond paste. Beat for two minutes, then add the yolks, and lastly the sifted flour and baking powder. Bake in a hot oven.

To blanch Almonds

Pour boiling water upon them, and slip off the skins. Set them in the sun or an open oven to dry and crisp before they are pounded in a mortar. Add the essence while they are being pounded. Flavor the icing with rose water and a little essence of bitter almonds.

Almond Cakes

Have at hand three ounces of flour, four ounces of granulated sugar, one ounce of ground or finely pounded almonds, the yolks of three eggs, the whipped whites of two and one whole egg, half a small glass of good brandy, a little salt, two ounces of chopped almonds mixed with one ounce of powdered sugar, and quarter of the white of an egg. Cream the butter with a wooden spoon, then gradually add the flour, sugar, ground almonds, — a few bitter ones may be pounded with them if desired, — brandy, eggs, and salt. Then lightly stir in the whipped whites. Pour into a buttered pan. Have the dough one inch thick. Bake until a light brown. When nearly done, spread the prepared chopped almonds over the top, then put the cake back again in the oven to finish baking. When done,

the almonds should be a light fawn color. Carefully turn the cake out of the pan. When cold, cut it in bands about one inch or inch and a half wide. Cut the bands into diamond-shaped cakes. Place some whipped cream in the centre of a dish and arrange the cakes around it. Currants or sultana raisins may be added to the above cake, and it may be flavored with any essence or liqueur in place of the brandy.

Angel Cake

The whites of eleven eggs beaten to a stiff froth, one tumbler of white sugar, one tumbler of flour, sifted four times, the last time sifted into the mixture, an even teaspoon of cream of tartar, vanilla flavoring. To the whites add the sugar, next the flavoring, then sift in the flour with the cream of tartar in it. Do not butter the tin. Put in a round pan with a tin roll in the centre and without paper in the bottom. Bake in a moderate oven till a straw comes out clear, which will be in twenty or twenty-five minutes. It should be very light-colored and delicate.

Angel Cake

The whites of nine fresh eggs, one cup and a quarter of sifted, granulated sugar, one cup of sifted flour, half teaspoonful of cream of tartar, a pinch of salt, added to the eggs before beating. After sifting the flour four or five times, measure and put aside one cup, then sift and measure one cup and a quarter of granulated sugar. Beat the whites of the eggs about half, add the cream of tartar, and beat until very stiff. Stir in the sugar, then the flour very lightly. Put in a pan in a moderate oven at once. The cake will bake in thirty-five to fifty minutes.

Angel Cake

One and a half cups of granulated sugar, one cup of flour, whites of eleven eggs, one teaspoonful of cream of tartar, one

ANGEL CAKE.

Facing page 338.

BIRTHDAY CAKE.

PULLED-SUGAR BASKET.

Facing page 380.

PASTRY CUTTERS.

(See p. 376.)

teaspoonful of vanilla. Beat the whites of the eggs to a very stiff froth, then gradually stir in the sugar, which has been sifted, and add vanilla to eggs and sugar. Stir the cream of tartar and flour together and sift three times and add to the above mixture. Bake in moderate oven forty minutes.

Betsy

Cream one pound of butter and one pound and a quarter of sugar. Add four eggs, two and a half pounds of flour, two teaspoons of ginger, to your taste of caraway seeds, and half a teaspoon of saleratus. Roll very thin, cut in long strips, and bake a delicate brown.

Birthday Cake with Glaze

One cup of butter, two cups of sugar, five eggs, three cups of flour, one heaping teaspoonful of baking powder, one cup of milk, one teaspoonful of rose water. Sift the sugar, then measure it. Wash the butter once in ice water until it is white and creamy, dry it in a towel and add it to the sugar. Rub both to a creamy substance and stir in the yolks of the eggs, one by one. Beat all until light and foamy. Stir in one cup of sifted flour, then add the milk, then another cup of sifted flour. Mix well and stir in the last cup of flour which has the baking powder sifted with it. When well mixed, add the well-beaten whites and the rose water. Butter a large round cake tin and line the bottom with paper. Pour in your mixture and bake in moderate oven for one hour. When you remove it from the oven, be sure it is thoroughly cooked. Test it by putting a fine broom whisk through the centre of the cake. If the whisk comes out dry, the cake is done. Stand the pan on a wire sieve until the cake is partially cool. Make a glaze for the top of the cake as follows: —

To make Glaze for Birthday Cake

In a saucepan put one cup of granulated sugar with four tablespoonfuls of water. Boil ten minutes slowly, or until it reaches a large ball. Have the white of one egg whipped very stiff, and slowly pour the hot sugar into it, stirring constantly. While hot, pour it slowly and thinly over the cake. Do not use a knife, as it will make the surface rough. Let it dry, which will be almost immediately. Make the following icing for decorating: —

To make Icing for Birthday Cake

Half a pound of powdered sugar, whites of two eggs, juice of one lemon. Beat the eggs for two minutes until stiff and by degrees add the sifted sugar, stirring all the time with a wire egg-beater. When all the sugar is used, beat well for five minutes with a Dover egg beater, so the icing will be thoroughly smooth. Put a fancy tube in a pastry bag and fill the bag with the icing. Make a paper funnel with a *very* small opening and fill also with icing. With the paper funnel trace any design you desire on the cake, commencing at the extreme edge. Leave space in the centre for the initials or date. Follow up the paper funnel with the pastry bag and with this fill out the design. You must work rapidly, so the tracing of icing will not harden before the decoration is filled in. Color the remainder of the icing pink and put on the initials or date. Have some pink and white candied rose leaves, dip them in sugar syrup to make them stick, and put them round the lower edge of your cake. Before you begin to decorate the cake, place it on a round board, a little larger than the cake, and covered with a fancy edged paper.

How to write the Initials on Birthday Cake

Reserve about one-quarter of your icing, stir in a drop of cochineal to color it pink. Make a three-cornered paper funnel,

put in the icing, fasten tightly. Take it in your hand as you would a pen, and press with your thumb as you make the letters. The size of the mark depends upon the size of the opening in the paper funnel.

Black Cake for Weddings

(An old colonial receipt)

Take one pound of butter, one pound of flour, one pound of sugar, one pound of citron, seven pounds of raisins, ten eggs, four nutmegs, four teaspoonfuls of cinnamon, four teaspoonfuls of cloves, two wine-glasses of wine, and two wine-glasses of brandy. Stir the butter and sugar to a cream, add the eggs, the whites and yolks of which have been beaten separately, then the brandy, wine, citron, and lastly the raisins. The fruit should be rubbed in the flour before adding. Dissolve half a teaspoonful of soda in a part of the wine. Put the spices in the brandy over night. Bake four hours.

Black Fruit Cake

Cream three-fourths of a pound of butter with one pound of brown sugar and add ten eggs, the yolks and whites of which have been beaten separately. Afterward put in one cup of molasses, a grated nutmeg, a teaspoonful of cinnamon, half a teaspoon of cloves, half a teaspoon of allspice, and a wine-glass of brandy, and mix thoroughly. Then add one pound of flour, and the last thing two pounds of currants, two pounds of raisins, half a pound of citron. The raisins must be chopped and flour rubbed through the currants. Bake in a moderate oven two and a half or three hours.

Bride's Cake

To one-half pound of butter, creamed, add one pound of sugar, one pound of flour, and the whites of sixteen eggs beaten stiff. In baking, take care not to jar the oven.

Bread Cake

Two cups of dough that has risen, two cups of white sugar, one cup of butter creamed with the sugar, three eggs, one even teaspoonful of baking soda, two tablespoonfuls of milk or cream, half a pound of currants, one teaspoonful of nutmeg, and one teaspoonful of cloves. Beat the yolks very light, then add the creamed butter, sugar, spices, milk, soda, and dough, then the beaten whites of the eggs, and lastly the fruit. Beat hard for five minutes, then put in two buttered pans and let it rise for twenty minutes. Bake half an hour or more.

Cinnamon Sticks with Icing

Four ounces of almond paste, the white of one egg, four ounces of powdered sugar, one teaspoonful of ground cinnamon. Mix all together, place on a floured board, and roll very thin. Cut the paste into long strips, about three fingers wide and two inches long. Make an icing as follows: —

Icing for Cinnamon Sticks

Mix the whites of two eggs with half a pound of powdered sugar, add half a teaspoonful of ground cinnamon and a few drops of lemon juice. Stir five minutes, then cover the strips of paste. Lay them on buttered tins and bake in moderate oven.

Chocolate Loaf Cake

One large cup of sugar, one-half cup of butter, two eggs, half a cup of sour milk, one teaspoonful of soda dissolved in a little hot water, one-third of a cake of chocolate melted, and two cups of flour. Add vanilla to taste.

Chocolate Filling for Plain Layer Cake

Two squares of Baker's chocolate, one teacup of sugar, one teacup of water. Use one-third of the water to dissolve three

teaspoonfuls of corn-starch. Boil the sugar and chocolate with the remaining two-thirds of the cup of water for ten minutes. Stir in the dissolved corn-starch and let all come to a boil. Add a lump of butter the size of a hickory nut and a half teaspoonful of vanilla. Stir well and spread over the cake before it cools.

Chocolate Mixture for Cake

Put together half a pint of milk, one egg, sugar to taste, a cup of grated chocolate, and flavor with lemon extract. Thicken by cooking in hot water, standing the vessel in another, and stirring the mixture all the time until it is thick enough to spread.

Cocoanut Cake

One pound of granulated sugar, half a pound of butter, four eggs, one teacup of milk, one teaspoonful of soda, two teaspoonfuls of cream of tartar, and one pound of flour. Cream the butter and sugar, and add the milk and other ingredients. Beat all well together until creamy, then stir in one finely grated cocoanut. Bake in moderate oven.

Coffee Cake

Cream two cups of brown sugar with one cup of butter, add one cup of molasses, four well-beaten eggs, four cups of flour, two teaspoonfuls of soda dissolved in a little hot water, two cups of chopped raisins, ground spices to taste, and one cup of strained coffee. Rub the raisins with a little flour to prevent them from settling to the bottom of the pan. Bake in moderate oven.

Coffee Cake

Cream one-half cup of butter with one-half cup of sugar. Add one cup of milk, one well-beaten egg, a pinch of salt

sifted with two teaspoonfuls of baking powder and two cups of flour. Mix all thoroughly and then stir in one-half cup of currants which have been mixed with a little flour, just enough to keep them from sinking to the bottom of the cake. Pour into a well-buttered pan, sprinkle the top with ground cinnamon, powdered sugar, and small pieces of butter. Bake in moderate oven three-quarters of an hour.

Westphalian Coffee or Butter Cake

Take three pounds of flour, one pound of butter, four teacups of milk, three eggs, three-quarters of a pound of raisins, one-quarter of a pound of sugar, three ounces of yeast, as much citron as you wish (or it may be omitted), and eight or ten cardamom seeds well pulverized. The sugar, butter, milk, and flour should be stirred thoroughly together. The eggs may be omitted if wished. The yeast should be added before the fruit.

It will probably take three or four hours to rise. When ready for baking, pour over the cake one-quarter of the butter, then a quarter of a pound of sugar, two ounces of sweet almonds chopped fine, and strew whatever spice is pleasing — cinnamon is commonly used.

The cake is baked in a round (snake) form, on a large tin, or in a pan with the centre cut out, to let the heat cook it thoroughly.

New England Caraway Cakes

Take one pound of flour, three-quarters of a pound of sugar, half a pound of butter, a glass of rose water, four eggs, half a teacup of caraway seeds. Rub the materials well together and beat up. Drop the cakes from a spoon on tin sheets and bake them brown in a rather slow oven. Twenty minutes or half an hour is enough to bake them.

Garfield Cookies

One cup of butter, one cup of sugar, one-third of a cup of sour milk, two eggs, one teaspoonful of soda, one-half of a nutmeg grated, flour enough to roll the cookies soft and thin. Cream the butter and sugar, add the milk, then the eggs, having first beaten in the soda, dissolved in a little water, the grated nutmeg, and lastly the flour. Turn the mixture on a board lightly sprinkled with flour, roll until very thin, and cut the desired shape and size. Place in slightly greased pan and bake in quick oven.

Inauguration Cookies

Stir to a cream three-quarters of a pound of white powdered sugar and half a pound of butter. Add six eggs, stirring them in gently, one at a time. Continue the gentle stirring till a pound of flour, a grated nutmeg, four ounces of chopped orange peel, and a glass of orange juice are well mixed in. Have half a pound of blanched almonds chopped rather fine. Drop the dough from a tablespoon upon buttered paper. Sprinkle the chopped almonds upon the little rounds and bake a delicate brown. When the cookies are cold, slip them from the paper, put together with a fruit jam or icing, and twist them in delicate lace papers.

Molasses Cookies

Boil one cup of molasses, mix it with two eggs, one-half a teaspoonful of baking soda dissolved in a little boiling water, — use the cup the molasses was in, — and then stir in one pound of sifted flour. Roll very thin, cut the desired size and shape, and bake in a quick oven.

Sugar Cookies

Cream three cups of sugar with two cups of butter, add four eggs, one cup of milk, and a pinch of salt. Mix one-half

teaspoonful of baking powder with seven cups of flour and stir in the mixture. Roll out thin, cut the desired shape and size. Put them on baking sheets and bake in a quick oven. Remove from the oven and sprinkle with sugar while they are warm. If desired, a little grated nutmeg may be added to the above receipt.

Sugar Cookies

Two cups of sugar, one cup of butter, one egg, one-half teaspoonful of soda dissolved in a little water, one cup of sweet milk, two teaspoonfuls of baking powder, vanilla to taste, and enough flour to make a thin dough. Do not mix it hard. Roll very thin, cut the desired shape, and bake in quick oven.

Sugar Cookies

One cup butter and lard (more of butter than lard), two cups of sugar, three teaspoons baking powder, a little salt, nutmeg and extract of lemon, four cups of flour, and as much more to roll out as will make them delicate. Bake quickly in a hot oven a very light brown. Sift powdered sugar over them while hot.

Crullers

Two and a half cups of sugar, a piece of butter the size of a walnut, three eggs, one cup of milk, one small teaspoonful of soda, two small teaspoons of cream of tartar, a little salt, one nutmeg, lemon extract, enough flour to roll broad and flat. Cut the roll in strips and twist the pieces. Bake in hot fat, brown lightly, and while hot sift over them powdered sugar. In frying, lay each cruller when done separately in a colander or on a sieve.

Crullers

Cream half a cup of butter; gradually stir in one cup of granulated sugar, then the beaten yolks of three eggs, the

grated yellow rind of a lemon, and a little grated nutmeg. Beat the whites of three eggs very stiff and add to the mixture, and lastly beat in three cups of flour, a little at a time. Place on a floured moulding board, roll out to a thickness of half an inch. Cut with biscuit cutter, also cut a round hole in the centre. Fry in deep boiling fat until a good color. Drain on brown paper and dredge with powdered sugar.

Cream Layer Cake with Filling

Seven tablespoonfuls of melted butter, one cup of granulated sugar, four eggs, half a cup of milk, one cup of flour, one cup of corn-starch, one teaspoonful of cream of tartar, and half a teaspoonful of soda dissolved in a little boiling water. Mix thoroughly the butter, sugar, egg, and milk. Then mix the corn-starch and cream of tartar with flour. Sift all into the mixture and lastly stir in the baking soda. Pour into thin pans, any shape desired, and bake in a moderate oven. Pour the cream filling given below between the first and second layers. Decorate the top layer with icing, or any way you wish.

Cream Filling

One large coffee cup of milk, yolks of two eggs and white of one egg, one tablespoonful of powdered sugar, one teaspoonful of corn starch blended in a little milk, vanilla, or any flavoring extract to taste.

Cup Cake

One cup of butter, two cups of granulated sugar, three cups of flour, four eggs, and one cup of milk. Flavor to taste.

Delicate Cake

Cream one cup of butter and two cups of granulated sugar, and stir in one cup of sweet milk and the whites of six eggs beaten to a stiff froth. Sift three cups of flour and two table-

spoonfuls of baking powder together. Stir into the mixture. Pour into two long tins, well buttered, and bake in a moderate oven.

Doughnuts

Warm two quarts of milk and stir in enough sifted flour to make a soft batter, add half of a compressed yeast-cake dissolved in half a cup of water. Set in a warm place where the batter will rise. When light, mix with one-quarter of a teaspoonful of soda dissolved in a little water, a scant half cup of lard, one cup and a half of granulated sugar, two eggs, a little grated nutmeg, ground cinnamon, and salt. Then add enough sifted flour so the mixture can be rolled and handled. Cut the desired shape and let them stand awhile to rise. Drop them in hot lard and fry until a nice brown. Sprinkle with sifted sugar.

Fig Cake

Cream one cup of butter and two cups of brown sugar. Mix thoroughly, and add four beaten eggs, one teaspoonful of ground cinnamon, one-half teaspoonful of ground cloves, one cup of water, and three cups of flour sifted with two teaspoonfuls of baking powder. Cut one-half pound of figs and two cupfuls of raisins in small pieces, dredge them with one-quarter of a cup of flour and add to the mixture. Pour into a well-buttered pan and bake in a moderate oven for two hours.

Genoese Cakes

Have at hand a quarter of a pound of flour, a quarter of a pound of granulated sugar, a quarter of a pound of butter, two eggs, one half of a small glass of good brandy, and a little salt. Mix the flour, eggs, sugar, brandy, and salt together with a wooden spoon. Soften the butter a little at the side of the range and add it to the other ingredients. When it is thoroughly mixed, pour it into a well-buttered pan. Do not

have it more than quarter of an inch thick. Bake in a moderately heated oven. When the cake is done, turn it out on a sheet of paper and cut it in circular, oblong, leaf, diamond, or any shape the taste may suggest. These cakes may be decorated with meringue or icing. When cut in the shape of leaves, rings, etc., place the meringue in a cornucopia and decorate them. Then sift some powdered sugar over them and dry them at the entrance of the oven. Then finish decorating them by placing on them some strips or dots of any bright preserve.

Darky Fingers

Make the following coffee-cake receipt, bake in lady's finger pans, and put together with icing made by stirring powdered sugar with orange juice and beating thoroughly: —

One cup of sugar, one cup of cold coffee, one cup of molasses, one scant cup of butter, one cup of raisins, one tablespoon of cloves, one tablespoon of cinnamon, three teaspoons of baking powder, four cups of flour. Mix the butter and sugar together, add the soda, the cup of coffee and spice, and lastly the raisins, dredging with a little flour to prevent settling.

Lady's Fingers

Five eggs, four ounces of flour, four ounces of powdered sugar. Beat the yolks of the eggs and the sugar together, then gradually add the flour, and last of all the stiffly beaten whites of the eggs. Put through a pastry bag on a brown paper and baking sheet and bake in moderate oven.

Lady's Fingers

Beat separately the yolks and whites of one pound of eggs and add them to one pound of sugar and one pound of butter, having creamed separately the sugar and butter. Add a

wine-glass of brandy and a teaspoon of mace and then, gradually, one pound of flour. This receipt makes forty-eight lady's fingers.

Lady May Fingers

One pound of flour, one pound of butter, one pound of sugar, one pound of eggs, two teaspoons of mace, one wine-glass of brandy. Bake in lady's finger pans, and while warm stick together with the white of an egg.

Gold-leaf Cake

Yolks of eight eggs, one cup of granulated sugar, a scant half cup of butter, half cup of sweet milk, a cup and a half of flour, two teaspoonfuls of baking powder. Cream the butter and sugar thoroughly, beat the yolks to a stiff froth, and stir thoroughly. Mix in the milk, then the flour, and stir hard. Bake in tube pan in moderate oven.

See also under Silver Cake.

Ginger Snaps

Cream one-half pound of butter with one and a half cups of sugar, add three eggs and one-half teaspoonful of baking soda dissolved in a little boiling water. Season to taste with ground ginger and stir in one pound of flour. Roll very thin, cut the desired size and shape, and bake in a quick oven.

Soft Gingerbread

A half cup of brown sugar, half cup of molasses, one heaping tablespoon of lard, one heaping tablespoon of butter, two eggs, one even teaspoon of soda, large tablespoon of vinegar, two meagre cups of flour, a little salt, ginger and cloves to taste, half a cup of hot water. Cream the butter and sugar together; add the molasses, hot water, soda, and vinegar, and then the rest of ingredients.

Gingerbread Sponge

Half a cup of butter, half a cup of sugar, half a cup of milk, one cup of molasses, two eggs, one tablespoonful of ginger, two cups of flour, one teaspoonful of bicarbonate of soda. Cream the butter and sugar, add the well-beaten yolks of the eggs, beat well, then add the ginger and molasses, having dissolved the soda in a little warm water, and mixed with the molasses. Add one cup of flour, half a cup of milk, and then the rest of the flour. Butter your cake pan, place paper on the bottom. Pour in the batter and bake in a moderate oven for twenty minutes. It is best to have shallow pans.

Imperial Cake

Take one pound of flour, one pound of sugar, one pound of butter, one pound of raisins, one pound of almonds blanched and split, three-fourths of a pound of citron, ten eggs, one wine-glass of brandy, and one wine-glass of rose water. Mace to taste may be used. The lightness of this cake depends wholly upon the stirring, — there is no soda or baking powder, — and there should be no lack of patient beating. The sugar and butter are creamed together, the whites and yolks of the eggs are beaten stiff separately, and the other ingredients added in the usual order.

Jam Cake

Mix one cup of sugar and three-fourths of a cup of butter to a cream, add three eggs beaten separately, then one cup of fruit jam, and two cups of flour. Spice should be added to taste, and lastly one teaspoon of soda dissolved in three teaspoons of sour milk. Bake in layers and put together with icing.

Kids

Stir together a cup and a half of dark brown sugar and half a cup of butter. Add three eggs well beaten, one cup of raisins

seeded and chopped, half a nutmeg, a teaspoon of cinnamon, a teaspoon of soda dissolved in a little boiling water, and finally flour enough to roll in a soft blanket. Cut in strips, long and thin, or any form you please, and bake in buttered tins.

Lady Cake

Cream well together one pound of sugar and half a pound of butter. Add the whites of sixteen eggs beaten stiff, three-quarters of a pound of flour, two ounces of bitter almonds, blanched and pounded with rose water to a fine paste. Bake in shallow tins in a moderate oven.

Layer Cake or Small Cakes

One and a half cups sugar, three eggs, one heaping iron spoon of butter, two-thirds of a cup of sweet milk, three even teaspoons of baking powder, a little salt, two and a half cups of flour (scant). Just before baking, add a pinch of soda. Lemon flavoring.

Layer Cake

Three eggs, one cup of washed butter, one cup of sugar, one scant cup of milk, two cups of flour. Beat the butter to a cream, add the sugar and flour and milk a little at a time, and also the yolks of the eggs. Beat fifteen minutes, add the grated peel of two lemons or any other flavoring. Whip the whites of the eggs and add at the last also two scant teaspoonfuls of Royal baking powder. Bake in cake tins lined with buttered paper. Mix half a pint of apricot jam with a little maraschino or Sherry and rub well till smooth. Lay the cakes together before quite cold with the mixture between. Ice over with royal or water icing and decorate.

Layer Cake

Cream one pound of butter with one pound and a half of powdered sugar. Add the yolks of three eggs and stir for half an hour, then add one-quarter of a pound of grated almonds, — remove the skins before grating, — two scant cups of flour, and the well-beaten whites of two eggs. Bake in four buttered tins, round or square, and spread each layer with any filling that is desired.

Chicago Loaf

Cream one pound of sugar and half a pound of butter. Add eight eggs beaten stiff, one pound of flour, one pound of raisins, a glass of wine, and the grated rind and half the juice of a fine lemon.

Macaroons

Pour boiling water over half a pound of almonds, remove the skins, and plunge them into cold water. Drain thoroughly and put in the oven. When dry, pound them in a mortar until they become a paste, gradually adding the white of one egg. Then add one pound and a half of powdered sugar. Again pound thoroughly, gradually adding the whites of two eggs. Spread a piece of white paper on a tin sheet, form your mixture in little rounds, a little smaller than a twenty-five cent piece. Place them on the paper about one inch and a half apart. Bake them in a slow oven for about twelve minutes, at the end of that time they should be well colored. Remove from the oven. When they become cold, turn the papers over and moisten with a little water, the macaroons can then be easily removed.

Maple Sugar Cake with Filling

Cream one cup of granulated sugar with a lump of butter the size of an egg, stir in the yolks of two eggs and the white of one, and then add two small cups of flour with two teaspoon-

fuls of baking powder sifted in it. Bake in round layers. Spread the following filling between each layer: —

Filling for Maple Sugar Cake

Boil one cup of maple syrup until it hairs off the spoon. Then add the well-beaten white of one egg. Stir until smooth.

Maple Sugar Cookies

Take one cup of butter, one cup of sour milk, three cups of shaved maple sugar, two eggs, and one teaspoonful of soda. Make the dough stiff enough with flour to drop off a spoon. Roll out, and bake in quick oven.

Green Mountain Boys

Two pounds of flour, half a pound of butter, half a pound of brown sugar, a pound and a half of maple syrup, and a teaspoonful of salt. These cakes should be dropped on greased paper and baked. The thickness of the dough depends upon the thickness of the syrup; if it is thin, add flour; if too thick, add maple syrup till of the right consistency.

Soft Molasses Cake

Three cups of molasses, one cup of butter, two cups of boiling water, one teaspoonful of baking soda dissolved in a little water, three teaspoonfuls of ground ginger, and five cups of sifted flour. Mix thoroughly, and bake in a hot oven.

Oatmeal Wafers

Cream one cup of sugar with one cup of butter and lard mixed, add one egg, one cup of boiling water, one teaspoonful of soda dissolved in a little water, a pinch of salt, three cups

of oatmeal, and enough flour to make a soft dough. Let the dough get cold, then roll very thin and bake in a hot oven.

Plum Cake

Six eggs, half a pound of butter, half a pound of powdered sugar, twelve ounces of flour, one wine-glass of cognac, a quarter of an ounce of ground allspice, the finely chopped rind of a lemon, two pounds of mixed fruits, such as sultana raisins, currants, sliced citron, and orange peel. Stir the butter to a cream in a warm earthen bowl, using a wooden spoon. Add the sugar and stir for ten minutes, and then, one by one, stir in the six egg yolks. Stir again for five minutes and then add half of the flour. When this is mixed, put in the fruits and brandy and mix again. Beat the egg whites to a hard froth, add to the mixture, and stir all thoroughly with the rest of the flour and a little salt. Line a buttered mould with a well-buttered paper, pour in the mixture, and cook in a moderate oven for one hour and a half. Cool, peel off the paper, and ornament with white sugar icing.

Pound Cake

One pound of sifted flour, one pound of granulated sugar, one pound of eggs, a scant pound of butter, a tablespoonful of brandy, and one-half teaspoonful of mace. Cream the sugar and butter and beat the yolks and whites of the eggs separately. Just before mixing, whip the brandy and spice into the sugar and butter. Then stir in the yolks and beat hard for two minutes. Add the whites of the eggs and flour alternately, whipping with long side strokes lightly and quickly. The heavy work is done before these go in. Do not stir the batter after these are added. A pound-cake batter should be stiffer than that of a cup or a sponge cake. Bake in small greased tins, or in square, flat pans, in a steady oven. Test the oven with a bit of letter paper before putting the cake into it. If in five minutes the paper is a light yellow, the oven is all right.

Princess Cakes

First make a paste as follows: Place half a pound of flour on a board, make a hollow in the centre, and put in it half a teaspoonful of salt with a little water to melt it, and add the yolks of four eggs. Work the whole well together, at first rubbing the ingredients between the hands. Finish working the paste by pushing it from you with the palms of the hands. Sprinkle with a few drops of water and knead it into a ball. This paste must be very stiff. Roll it out very thin, cut into bands, and shred them very fine. Spread these shreds on a sieve to dry for a short time, and then put them into a saucepan with half a pint of boiling cream, a piece of butter the size of a walnut, three ounces of granulated sugar, and half a small glass of brandy. Cover the pan with a lid and boil the contents very slowly until the shredded paste has absorbed the liquids. Remove from the fire and add the yolks of three eggs. Stir the whole well together and then put the preparation in two buttered tins. Have it about one-eighth of an inch thick. Bake in a moderate oven until a deep yellow. Spread one layer with jam or any desired filling, cover with the other layer, and then cut them with a tin cutter in small fancy shapes.

Silver and Gold Cake together

One pound of granulated sugar, half a pound of butter, three-quarters of a pound of flour, the whites of ten eggs, one teaspoonful of bitter almond or lemon flavor. Put the butter in a bowl and work it with a wire whisk until creamy. Add the sugar and work well for five minutes. When all is light and foamy, add the well-beaten whites and mix well. Sift your flour twice, stir it into the mixture, add flavoring, mix well, and stir in two drops of rose water.

In another bowl put one pound of granulated sugar and half a pound of butter. With a wire whisk beat to a cream.

Beat the yolks of ten eggs very light, and to them add the juice of two lemons and the grated rind of one orange. Beat all thoroughly and stir with the butter and sugar. Sift twice three-quarters of a pound of flour with one scant teaspoonful of dry baking soda, add to the mixture, and beat all till very light. Butter a square or a round tin, dredge it with flour, put your mixtures in, a spoonful at a time, first the white and then the yellow, and so on, till your cake pan is full. Bake in a moderate oven forty minutes. If your cake gets too brown on top, put a piece of heavy white paper over it. Ice with clear white icing. Add a little orange paste to some of the icing, and ornament the border of the cake with it. Put orange leaves in the centre. These leaves can be made by taking white rose leaves, covering the surface of each with orange icing, and laying them in the crystallized sugar, according to the directions in birthday cake.

Spice Cake

Cream one cup of butter with three cups of brown sugar, add one cup of milk, six eggs, one teaspoon of soda dissolved in boiling water, one-quarter of a pound of almonds chopped fine, half a teaspoon of cloves, one teaspoon of cinnamon, half a teaspoon of allspice, one teaspoon of nutmeg. All the spices must be ground. Grate the rind of one orange into the mixture and add two cups of flour. Mix thoroughly and then pour into a buttered cake pan and bake in a moderate oven for one hour and a half, or until thoroughly baked.

Sponge Cake

Ten eggs, three cups of granulated sugar, three cups of flour, one teaspoon of cream of tartar. Sift, measure, and set aside the flour and sugar. Beat the yolks of the eggs thoroughly; then, after washing the beater, beat the whites about half, add cream of tartar, and beat until very stiff. Stir in the

sugar lightly, then the beaten yolks thoroughly, then add the flour. Put into a tube pan and into a moderate oven at once.

Sponge Cake

Beat the yolks of six eggs, stir in one cup of sugar, one spoonful of water, and the juice of one lemon. Beat the whites of the six eggs to a meringue, mix with the above, and lastly stir in one cup of sifted flour. Pour into buttered pan and bake in quick oven.

Sponge Cake

Ten eggs, the whites and yolks beaten separately, three-quarters of a pound of powdered sugar, six ounces of flour, and half a lemon. Mix the sugar and egg yolks, then the lemon juice; add the flour and the whites alternately to the sugar and yolks. See that the whites are well beaten. Pour into a buttered pan and bake forty minutes in a moderate oven.

Sponge Cake

One pound of powdered sugar, half a pound of flour, ten eggs, the grated rind of one lemon, and the juice of half a lemon. Beat the yolks and sugar to a stiff froth in which the juice of the lemon is mixed. Beat the whites of the eggs very stiff, add them to the mixture, and then gradually add the sifted flour. Bake in moderate oven for forty minutes.

Hot Water Sponge Cake

Two teacups of sugar, six eggs, half a cup of boiling water, the grated rind of half a lemon, one teaspoon of lemon juice. Beat the sugar and the yolks of the eggs to a froth and the whites to a stiff froth. Add the lemon to the yolks and sugar, then add the boiling water, then the whites, and lastly the flour. Mix quickly and bake half an hour in a moderate oven.

Sunshine Cake

The whites of seven small eggs and the yolks of five, one cup of granulated sugar, two-thirds of a cup of flour, one-third of a teaspoon of cream of tartar, and a pinch of salt. Sift, measure, and set aside the flour and sugar as for angel cake. Beat the yolks of the eggs thoroughly, then after washing the beater, beat the whites about half, add the cream of tartar, and beat till very stiff. Stir in the sugar lightly, then the beaten yolks thoroughly, then add the flour. Put in a tube pan and in the oven at once. Bake thirty-five to fifty minutes.

White Cake

One cup of milk, one cup of butter, two cups of sugar, three cups of flour, the whites of eight eggs, two teaspoons of baking powder, a little salt, bitter almond flavoring. When this receipt is used for layer cake, between the layers and on top of the cake use thin icing (not the boiled icing) with fresh cocoanut on the icing.

CHAPTER XIV

BREADS, PASTES, AND PIES

Bread

FIRST of all sift your flour, and be sure you do not leave it in a damp place. Let it stand for an hour before you begin to make your bread. Put one yeast-cake into one cup of tepid water and let it stand in a warm place — not too hot, and in about fifteen minutes, if your yeast is good, it will come to the surface. At this point add a tablespoon of flour, mix well, and let it stand until you are ready to use it. Boil your milk and let it get cool, not chilled. Have your flour sifted in a pan — not too much, so that you can work it well. Always measure your milk. To one yeast-cake you can safely add two quarts, or three if the yeast is good and fresh. To the flour add one tablespoon of butter, one-half tablespoon of lard, one tablespoon of sugar, and one tablespoon of salt. Mix well with the flour. Make a hole in the centre and add the milk, next add the yeast which you have in the cup to the milk. Mix all well together in the bread-pan, adding flour so that you can handle it easily. Take it out, lay it on a board, and work well until it does not stick to the hands or board, and feels like velvet in your hands. When your bread is thoroughly mixed, there will appear little bubbles in the dough. Put it back into the pan and let it rise over night. In the morning form it into loaves, without using any flour or kneading it. Put it into pans and let it rise well. Bake in a moderate oven one hour and a half.

The longer the bread bakes, the sweeter and more wholesome it is. A good baker can always tell when bread is well baked

by the sweet odor which comes from the bread on opening the oven door; or if, by taking it in your hand and putting it to your ear, you do not detect any hissing, then your bread is thoroughly baked. The secret of making good bread is, first, have fresh yeast; second, have your milk of an even temperature, neither too hot nor too cold; third, kneading it well; fourth, keeping it in a warm place, and not forcing it to rise; fifth, having your oven moderate, so that it bakes slowly and thoroughly all the way through.

French Rolls

One pint of milk, one yeast-cake, whites of two eggs, one tablespoon of butter, one tablespoon of sugar, one tablespoon of salt, two pounds of flour, or about that quantity. Put your yeast-cake in one cup of tepid water and let it stand one hour. This is a good way to test yeast; when it rises to the top, it is good. At this point add one heaping tablespoon of flour and let it stand until it is required. Scald the milk and let it get cold, but *not chilled*. Sift the flour into a bowl, pour the milk in the centre, then add salt, sugar, and butter. It is a good plan to add the butter to the milk when it is nearly cold. Next add the whites of the eggs, which must be whipped very light. Mix well without adding any extra flour, and lastly add the yeast. Mix all together with a wire whisk until it is so that you can work it with your hands. Then take it out of the bowl and work well on a board until it will not stick to the hands or board. Put back into the pan and let it rise. When light, take out small pieces, roll with the hands on the board, and put them in pans close together, so they will keep their shape, and let them rise until they are very light; brush them with egg and bake in a moderate oven for twenty minutes. Before you take them out, brush off with melted butter, and give them a few minutes more in the oven. Serve hot. Small rolls may be tied

with ribbon before going to the table, or they may be served in log-cabin style.

Parker House Rolls

One quart and a half of flour, one tablespoon of lard, three gills of boiled milk cooled, one-half cup of granulated sugar, and three-quarters of a cake of yeast dissolved in quarter of a cup of water. Make a hole in the centre of the flour and put in the other ingredients. Mix as if making sponge and let it rise over night, keeping it moderately warm. In the morning knead thoroughly and leave it to rise till noon, then cut with a biscuit cutter. Spread one-half of each biscuit with butter, and fold over. Place in a pan and leave to rise until nearly time to serve. Bake in hot oven for twenty minutes.

Rolls

Half a yeast-cake, one pint of milk, one quart of flour, one tablespoon of lard. Mix thoroughly and set in a moderately warm place until very light. Then knead the dough a little, make it into rolls, and place in pans. When they have risen, bake in quick oven.

Potato Yeast

One quart of potatoes *sliced*, two quarts and a half of warm water, a small bag of hops tied in a cloth. Boil slowly until the potatoes are soft. Place in a colander three heaping iron tablespoons of flour and over it pour the potatoes and water boiling hot. Mash this through the colander, strain, and mash again through the colander to avoid lumps. Pour this into a pan or crock and add to it one cup of white sugar, one iron tablespoon of salt, and one teaspoon of ginger. Let this cool until just tepid and add one cake of Fleischman's yeast dissolved. Set to rise in a warm place. When very light, bottle.

Oneida Rye and Indian Bread

Make a sponge over night with a yeast-cake soaked in a cup and a half of water and mixed with wheat flour. Next morning scald a quart of water and a pint of molasses together and in it stir four and a half pints of corn meal. When this is cool, add it to the sponge and also add a heaped pint of rye meal, one pint of bread crumbs well soaked and mashed, and an even teaspoon of soda. Mix all thoroughly and set to rise. When the dough is light, separate it in two loaves and put in tins to rise a little more. Bake in a moderate oven for three hours.

Boston Brown Bread

One cup of white flour, one cup of yellow Indian meal, one cup of Graham flour, two cups of milk, one and one-third cups of molasses, one egg, one teaspoon of soda, and a pinch of salt. Mix the white, Graham flour, and Indian meal, and sift into a large bowl. Then stir in the other ingredients, adding the soda last. Pour into a steamer and boil for three hours. Be sure the lid of the steamer is tied tightly so no water can get to the bread.

Raised Muffins

Mix one-half pint of water with one-half pint of milk. Dissolve one-half cake of compressed yeast, stir with the milk and water, and add a little salt, one teaspoon of granulated sugar, and flour enough to make a stiff batter. Mix at night. The next morning arrange muffin rings on a griddle which is partially warmed. Fill each ring half full with the batter and let it rise till even with the top of the ring. Now place the griddle over a good fire and bake the muffins until they are a light brown. Turn with pancake turner.

Laplanders

Beat three eggs, add three cups of flour, three cups of sweet milk, one tablespoon of melted butter, and a little salt. Beat

well together and pour into buttered moulds. Bake in a hot oven.

English Muffins

One pint of flour, half a teaspoon of sugar, half a teaspoon of salt, one teaspoon of baking powder, half a pint of milk, and two eggs. Sift the flour, sugar, salt, and baking powder together. Mix the yolks of the eggs with the milk and gradually stir into the flour. Last of all, add the whites beaten stiff. Bake on a griddle in muffin rings.

French Popovers

Two cups of milk, one cup of flour, four eggs, and a pinch of salt. Put the flour into a bowl, add one cup of milk, and then the eggs, one after the other. Do not beat the eggs. When all the eggs are worked in, add the other cup of milk. Stir with a wire whisk. Little mixing is required. Put popover pans on top of the range, having rubbed a small piece of butter in each one. Fill the pans three-quarters full and bake in a moderate oven thirty minutes.

Simple Popovers

Sift two cups of flour with half a teaspoon of salt. Add gradually two cups of milk and mix very smooth. Then add two eggs unbeaten and, after mixing thoroughly, a teaspoon of melted butter. Beat all well together and with the batter fill half full stoneware popover cups which have been well buttered with cold butter. Have a good hot oven and set the cups in it. There will come out a rich brown puff which may be eaten with cream and sugar, with a golden syrup, or with butter and berries.

Maryland Biscuit

Rub a teaspoon of salt and two tablespoons of lard into two quarts of flour and mix in a couple of cups of cold water till

you have a stiff dough. Knead until thoroughly mixed and then beat with your rolling pin. Turn the dough over and over until it blisters and puffs out. It is now ready for forming into biscuits, which you do by pulling off a small piece, forming in any shape you choose, pricking with a fork, and baking in a quick oven fifteen or twenty minutes.

Virginia Wafers

One quart of flour, a piece of butter the size of an egg, the yolks of two eggs, and milk enough so that you can roll the dough very thin. Beat the dough with a rolling pin half an hour or more, until it blisters, and then roll it as thin as paper. Cut out the biscuit, prick them with a fork, and bake two or three minutes.

Philadelphia Muffins

Boil and mash four potatoes, rub them into a quart of flour, add one tablespoon of butter, a little salt, half a small teacup of yeast, four eggs, and half a teaspoon of fine sugar. Mix at night and drop the dough from a spoon into muffin rings or pans and set to rise till morning. Bake half an hour.

Egg Biscuit

Take two pounds of flour, two eggs, two ounces of butter, one pint of milk, and a little salt. Raise over night with yeast, and mould in the morning for breakfast.

Pompton Puffs

Three cups of flour, one tablespoon of butter, half a teaspoon of salt, two cups of milk, four eggs, — yolks and whites beaten separately, — one teaspoon of baking powder. Sift the flour into a bowl and add the salt and baking powder. Stir the beaten yolks with the milk thoroughly and then add the flour.

Melt the butter and add to the mixture and whip thoroughly. Now stir in the well-beaten whites and whip together with a Dover egg-beater. Bake in gem pans from fifteen to twenty minutes.

Dutch Puffet

Mix one quart of milk, three eggs, one cup of sugar, one cup of butter, half a cup of yeast, and flour enough to make a spoon stand in it. Let the mixture rise several hours. Bake in long tins three-quarters of an hour.

Rusk

Dissolve four ounces of butter in one pint of warm milk, add two pounds of flour, eight ounces of sugar mixed in the flour, a little salt, and a teacup of yeast. Set the sponge at night and knead it into a light dough in the morning. Let it rise well. Roll the dough half an inch thick, cut out the rusks, and let them rise again. Beat an egg and brush over the top with a feather and bake in a hot oven.

Velvet Cakes

Mix two teaspoons of cream of tartar in one quart of flour and one teaspoon of soda in one pint of milk. Add one cup of sugar and one-third of a cup of butter. Mix thoroughly and bake in hot earthen cups half an hour.

Corn Bread

One cup of Indian meal, one cup of flour, one cup of milk, one teaspoon of baking powder, two eggs, one tablespoon of butter, one tablespoon of sugar. Sift the meal and flour into a bowl, then add the salt, sugar, and baking powder. Beat the yolks of the eggs, add them to the milk, and mix them with the

flour, etc. Stir in the melted butter, then the well-beaten whites of eggs, and beat all thoroughly. Butter your pans, dust off with flour, fill them two-thirds full, and bake from fifteen to twenty minutes. The batter can be put in shallow pans, and when nearly baked, cut into squares. Put back into the oven till a nice brown. When about to serve, break into squares.

Corn Bread

Half a pint of yellow Indian meal, half a pint of flour, half a cup of granulated sugar, two eggs, butter the size of a walnut, two teaspoons of baking powder sifted with the flour, and a little salt. Mix with enough milk to make the batter quite thin. Bake in a buttered pan in a hot oven. Cut in squares before removing it from the pan.

Corn Bread

Take one cup of flour, one cup of sour milk, half a cup of meal, one-third of a cup of molasses, two tablespoons of melted butter, one teaspoon of salt, half a teaspoon of soda, the yolks of two eggs, and the white of one. Mix well and bake in a buttered pan in a hot oven.

Nantucket Corn Bread

Scald one pint of meal in one quart of sweet milk. Add butter the size of an egg, one teaspoon of salt, one tablespoon of sugar, and four eggs well beaten. Mix well and bake in an oven not too hot.

St. Louis Corn Bread

Mix one pint of corn meal, one heaping teaspoon of sugar, one heaping teaspoon of salt, and add one egg *not* beaten. Stir together with the buttermilk, making the batter quite thin. Set a tin baking pan on the stove, heat hot, melt in it

one tablespoon of butter and one of lard. Pour the mixture into the hot fat and with a fork lightly stir in the butter and lard. Bake in a steady oven, not too hot, or the bread will crack. When the bread is brown, stand the tin on an inverted pie plate and bake five or six minutes longer.

Waffles

Three eggs, one pint of milk, half a cup of butter, flour enough to make a thin batter, two teaspoons of baking powder sifted in the mixture, a little salt. Mix well and bake on a well-greased waffle iron. See that the iron is hot before pouring in the batter.

Waffles

Cream one-half pound of butter, stirring one way. Add one tablespoon of flour and one egg. Mix thoroughly, then add another tablespoon of flour and one egg. Continue this till eight of each have been stirred in. Always beat the same way. Flavor with a little orange juice. Have the waffle iron hot and well greased. Drop the dough and bake to a light brown. Sprinkle with powdered sugar and cinnamon. Serve hot.

Batter Cakes

Two pints of flour, three eggs, one even teaspoon of soda, one teaspoon of melted butter, and a little salt. Place the flour in a saucepan — tin for lightness, and with a handle, as easier to manage. Separate the whites and the yolks of the eggs and add the yolks, without beating, to the flour, then stir in the buttermilk, mixing slowly. When half mixed, drop in the melted butter and beat the mixture hard and smooth. Add more buttermilk, finishing it by leaving the batter rather thick, as the whites of the eggs will thin it still more. Then add the soda, dissolved in cold water, and lastly the beaten

whites. Take out the spoon and stir in by lightly beating the whites in the batter with a fork. When baking, lay the spoon on a plate, that is, do not lay it again in the batter, as it will make the cakes heavy.

For the griddle use beef suet which has been tried out and is hard. Waffles are made by this same receipt.

Wheat Flour Griddle Cakes

Mix one pint of milk with three eggs, the yolks and whites beaten separately. Add four tablespoons of melted butter. Sift one and a half cups of flour with one and a half teaspoons of baking powder. Add to the above and bake on a hot griddle.

Buckwheat Cakes

Dissolve half of a compressed yeast-cake in a cup of water, mix it with one pint of water, a pinch of salt, and enough buckwheat flour to make a stiff batter. Mix at night, and set the batter in a moderately warm place where it will rise. In the morning stir the batter briskly, add a tablespoon of molasses to make the cakes brown. Should the batter be a little sour, dissolve one-quarter of a teaspoon of soda in a little warm water and stir it in well.

St. Louis Buckwheat Cakes

One pint of buckwheat, one handful of Graham flour, half a cup of home-made yeast, salt. Add enough tepid water to make a moderately thick batter and beat well. Set this to rise early in the evening in a warm place. In the morning add a pinch of soda, dissolved, and one tablespoon of molasses and stir well. Bake on a griddle greased with beef suet.

Buckwheat, being heavy, requires all night to lighten. Be sure the batter is not too thick when you are ready to bake. If it is, add water to thin it.

Corn Meal Batter Cakes

Mix thoroughly a pint of meal, half that quantity of flour, two teaspoons of baking powder, and a pinch of salt. Pour over this gradually and stir in a quart of fresh milk heated and a heaping iron spoon of butter, dripping, or lard. Mix thoroughly again and beat well. Drop with a spoon and bake on a hot griddle. An egg or two is sometimes added to this receipt. If the corn meal swells a great deal and absorbs the milk so that the batter is too thick, add more milk.

Hoe Cakes

Mix together a pint of freshly ground yellow corn meal, a teaspoon of salt, and two teaspoons of sugar. Over the mixture pour enough boiling water to wet it, but not enough to make it spread. The water should be boiling, and the meal will swell and absorb it if it is hot. Stir well one way. Rub a piece of fat bacon over a hot griddle, drop the batter on it from a spoon, and gently flat the cake till it is not more than half an inch thick. Cook to a golden brown on both sides. A small piece of butter may be laid upon the cake as it is turned, or the butter may be omitted and the cakes sent to the table for dressing. Such cakes are often eaten with scraped maple sugar and cream, or again with butter and maple syrup.

Barley Meal Scones

In making barley meal scones, proceed as in making cream scones, or merely mix fine fresh barley meal with a teaspoon of salt and enough hot milk to make a stiff paste. On a floured board roll out this paste and cut it in cakes. Bake in a quick oven or on a hot griddle upon which fat has been rubbed. Serve hot, and buttered if you choose.

Cream Scones

Having brought to the boiling-point in a saucepan a pint of cream, sift in flour enough to make a thick batter and add a teaspoon of salt. Put the paste upon a floured board, roll it to the thickness of a quarter of an inch, cut in small cakes, and cook on a hot griddle ten or fifteen minutes. When brown on one side, turn them lightly and brown on the other. Serve on a folded napkin.

Oatmeal Wafers

Make a batter or dough by stirring together oatmeal, hot water, and a little salt. Take the batter on a well-floured board, knead it, roll it as thin as possible, cut out in round cakes, and cook them till brown and crisp on a griddle. When they have browned on one side, they should be turned lightly and browned on the other.

Rice Griddle Cakes

Wash and scald one cup of rice and drain, and cover with boiling water. Cook about half an hour, or until the grains are tender. Drain in a colander. Prepare the following batter: Sift one teaspoon of baking powder with one cup of flour and add a pinch of salt. With this mix one pint of milk with three well-beaten eggs and add three tablespoons of melted butter, and just before baking stir in the rice. Spread in spoonfuls on well-greased hot griddle and brown on both sides.

Rye Drop Cakes

Beat separately the yolks and whites of five eggs. Stir them together and then stir in one pint and a half of rye flour, one pint and four spoonfuls of milk, a pinch of salt, and a piece of soda as large as a pea. Put in hot earthen cups and bake.

Flannel Cakes

Pour one pint of hot milk over two ounces of butter, add five eggs, one pint of cold milk, flour enough to make a stiff batter, one teaspoon of salt, and two tablespoons of yeast. Set the batter in a warm place and let it rise for three hours. Butter a griddle and drop on in small cakes.

Puff Paste

One pound of butter, one cup of ice water, one pound of flour, half a teaspoon of salt. Wash the butter in ice water until it is of a creamy substance. Pat it out in a long narrow strip with the hand, put it in cheese cloth, and lay flat on the ice. Weigh the flour and sift it into a bowl and add salt. Mix well and then add water gradually. Mix well, using up all your flour. Put your pastry on a board and work well for ten minutes, or until it is tough and will not break when pulled. The best way to work it is to slap it well on the board and to pound it with the rolling pin. By the time your paste is well pounded little puffs will appear — this is a very good way to test it. Put your paste in the ice-box for twenty minutes, then put it on a board, and with your hands draw it out a little longer and wider than your butter. Lay the butter in the centre of the paste and fold up, first from the right, then from the left, then from you, then next to you. Dust your board lightly with flour and turn the folded side of the paste on the board. Roll it out, taking care that the butter does not come out. Fold it up, giving it three folds, and put it on the ice for twenty minutes. Roll out twice more and fold up as directed, put it on the ice again for twenty minutes, roll out twice more, folding as before. This makes the fourth rolling. Put it away in the ice-box until it is well chilled. Cut the patties the same size. Take one piece of paste and brush it with ice water, then take the second piece and with a small

cutter cut a hole in the centre; place it on top of the first piece, and brush the top and side with the yolk of a well-beaten egg. After your patties are in the baking pan, give them one hour in the ice-box before you place them in a hot oven. Bake about twenty-five or thirty minutes. Care and judgment must be used while they are baking.

Cheese Straws

Use two ounces of butter, two ounces of grated American cheese, four ounces of flour, and one egg, salt and white pepper to taste, and a dash of cayenne. Work the ingredients with your hand; they become a smooth dough. Roll the dough out thin, cut in straws four inches long, and bake on tin sheets in a quick oven.

Cheese Biscuit

Over puff paste, well rolled out, grate as much well-flavored cheese as will thickly cover the paste. Dash upon the cheese a slight dust of cayenne, fold the paste over, and roll out thin. After you have cut the biscuit in the shape you choose, brush them with a paste brush dipped in beaten egg and bake a light brown in a quick oven upon a floured baking sheet.

Cheese Pudding

With two beaten eggs stir half an ounce of melted butter and half a gill of cream. When these are well mixed, add a tablespoon of sifted bread crumbs and half a pound of grated cheese. Mix thoroughly and bake in a dish lined with puff paste.

Cream Cannelons

Roll out puff paste very thin, cut it in strips, say two by three inches, and roll them round floured round sticks, making the edges of the paste meet and forming a continuous paste

roll, or, if you like, you may wrap it so that it will have the twist of a corkscrew. Bake, and after the baking and the cannelons are cool, remove the sticks. The centres may then be filled with whipped cream. Preserves and jellies are also used as a filling. To heighten their appearance, the cannelons may be brushed with the white of an egg, dusted with sugar, and heated again to form a glaze.

Pastry Roulade

Roll puff paste very thin, cut it in strips four inches long and one and a half inches wide. Roll on sticks which are about as large in circumference as a five-cent piece, and which you buy for the purpose. Place on a tin sheet and bake in a quick oven. Fill with whipped cream, apple sauce, or cream and preserves mixed together.

Log Cabin Dessert

Cut strips of pastry three inches long and one inch wide. When baked, spread each strip with jam and place them on a dish, log cabin style. Fill the centre space with whipped cream.

Metropolitan Cake

Roll puff paste about a quarter of an inch thick and cut out two pieces each about eight inches square. Take one square and spread the centre with marmalade of apricots or peaches. Take the other square, brush the under part with cold water, and place it on the marmalade. Press the edges of pastry together. Brush the top with beaten egg. Bake on baking sheet in moderate oven for fifteen minutes. Sprinkle with powdered sugar.

Pastry Ramekins

Roll some puff paste rather thin, sprinkle it with Parmesan cheese, then fold it over. Repeat this three times. Cut with

a paste cutter any shape desired, brush these pieces with the yolk of an egg, and bake in a quick oven. When done, serve them at once.

Surprise Pastry

Roll puff paste out thin and bake in two round jelly tins. Slice peaches, bananas, or any kind of fruit, and put between the layers. Cover the whole completely with whipped cream.

Macrotes, a Jewish Receipt

Take one pound of French roll dough, six ounces of fresh butter, two eggs, and as much flour as will be necessary to knead these together. Roll it in the form of a long French roll and cut off thin round slices. Set them at a short distance from the fire to rise, and when light fry in the best Florence oil. When nearly cold, dip them in clarified sugar flavored with essence of lemon.

Pie Pastry

Have at hand two quarts of sifted flour, one cup of lard, one of butter, one tablespoon of salt, two of sugar, and one cup and a half of cold water. Put one cup of the flour into a bowl with the salt, sugar, lard, and butter. Chop until all are thoroughly blended and then pour in the water gradually. When it is well mixed, you should have a stiff paste. Sprinkle some of the flour from the half cup on a board, put the paste on it, and roll it with a floured rolling pin until it is about one-quarter of an inch thick. Fold the paste over and roll it out again. Do this three or four times. Then put it on ice, so that it will become chilled. Lard may be omitted and all butter used; if so, you will need two cups and a half instead of one cup of butter. Lard makes the paste richer and more tender, but butter gives it the good flavor. Use as little flour as possible on the moulding board.

Pie Pastry

Mix one very full hand of flour, or two handfuls for an upper and an under crust, and a little salt. Some time before making the pastry, place lard in a bowl with a good piece of ice and water. When the lard is very firm, take one heaping tablespoon of lard to each handful of flour. Mix quickly with a spoon and handle as little as possible, that the heat of the hand may not affect it. Wet with the ice water just soft enough to roll easily. Use a good deal of flour in rolling and a heavy rolling pin, and fold and roll the crust twice. Bake in a well-heated oven. Pastry is best baked as quickly as possible, without turning.

Apple Pie

Slice the apples and rinse them in cold water. Set on the stove with a very little sugar and stew until they are half done. Place in the crust, add water, and bake. When done, with a sharp knife remove the upper crust, sweeten to taste, add a good-sized piece of butter, and if desired, nutmeg. Return the crust, and when cold sift over the pie powdered sugar.

To prepare Fruit for Pies

Always stew the fruit before placing it in a pie or a crust. Sugar and flavor and sprinkle over it a little flour before putting on the upper crust.

Cream Pie

Pour one pint of cream over one cup of sugar. Add the beaten whites of four eggs and a pinch of salt. Flavor with nutmeg and bake without an upper crust.

Lemon Pie

Dissolve two tablespoons of corn-starch in a little cold water and stir it into one pint of boiling water. Beat well the yolks

of three eggs with half a cup of granulated sugar, add the grated rind of one lemon and the juice of two lemons, and stir into the corn-starch. Line a pie dish with pastry, fill with the lemon mixture, and bake in a moderate oven. Beat the whites of the eggs to a stiff froth with half a cup of sugar, flavor with lemon. Spread the meringue over the pie and place in a quick oven long enough to become a delicate brown.

Lemon Pie

Grate the rind and squeeze the juice of two large lemons, add three cups of sugar, four eggs, yolks and whites beaten separately, four tablespoons of flour, two teacups of water, and the last thing the whites of the eggs. Bake without an upper crust.

Lemon Pie

First grate the rind of a fine large lemon, take out the pulp and chop it with a chopping knife. Then mix one cup of water, one cup of sugar (or half a cup of molasses and half a cup of sugar), one tablespoon of flour dissolved, and set this mixture in a pot of hot water over the fire to thicken, stirring constantly. When well thickened, pour it over the chopped lemon. After it cools a little, add one beaten egg. Bake in a deep pan with both upper and under crust. Make a rich pastry for it.

Orange Pie

Take two fine oranges and grate the rind and all except the leathery dividing skin of the centre, carefully taking out all the seeds. Add one cup of sugar, three tablespoons of cream, and the yolks of three eggs. Make a meringue of the whites of the eggs and a little sugar. Bake with an under crust.

Potato Pie

Take one pound of Irish potatoes rubbed through a colander, one pound of sugar, a quarter of a pound of butter, six eggs, the whites well beaten, and the grated rind and peel of one lemon. Let the hot potatoes fall from the colander on the butter and mix well. Add the yolks of the eggs and the sugar well beaten together, the lemon, and lastly the whites of the eggs stirred in lightly. Pour into a paste-lined dish and bake. This receipt makes two pies.

Pumpkin Pie

Mix one quart of milk with two teacups of strained boiled pumpkin, one cup of granulated sugar, three well-beaten eggs, one teaspoon of ground cinnamon, one teaspoon of ginger, and salt to taste. Line pie dishes with pie pastry and fill with the mixture. Bake in a hot oven.

Mince Pie

One bowl of cooked beef, chopped fine, one bowl and a half of chopped suet, one bowl and a half of chopped apples, half a cup of melted butter, two bowls of sweet cider, two bowls of granulated sugar, one bowl of Port wine, one bowl of brandy, one bowl of stoned raisins, one and a half bowls of currants, half a bowl of citron that has been cut thin and in small pieces, ground cloves, cinnamon, and nutmeg to taste. Mix well and bake in pie paste.

Mince Pie

Boil a beef's tongue two hours, then skin it and chop it as small as possible. Chop very fine three pounds of fresh beef suet, three pounds of good baking apples, four pounds of currents which have been washed, picked over, and dried, and one pound of raisins, cleaned and stoned. Mix all these well with

one pound of powdered sugar, half an ounce of mace, half an ounce of grated nutmeg, and a quarter of an ounce each of cloves and cinnamon; add one pint of French brandy. Make a rich puff paste, lay the mince meat on the under crust, and upon the meat spread bits of candied citron and orange peel and then cover with an upper crust and bake.

The mince meat should be kept in an earthen jar when awaiting use. Do not add the citron or orange until you bake.

CHAPTER XV

CANDIES, PRESERVES, AND PICKLES

Salted Almonds

SHELL the necessary quantity of almonds and pour boiling water over them. Then remove the skins. For each cup of almonds add one tablespoon of olive oil. Mix them well and let them soak for an hour. Sprinkle them with salt, a tablespoon to each cup. Bake in moderate oven until they are a delicate brown. While baking, occasionally shake the pan.

Candied Rose Leaves

Put half a pound of granulated sugar, three drops of lemon, and half a cup of water in a saucepan. Let the liquid boil to a crack. Test by dropping a little in cold water. When it will snap apart and stick to your fingers, it is done. Remove from the fire. Stir and rub against the side of the saucepan until cool — not cold. The constant stirring and rubbing make the liquid white and granular. Dip each rose leaf in this, roll round, and spread on a well-oiled board to dry.

Syrup to Fasten Rose Leaves to Cake

Boil one cup of granulated sugar and four tablespoons of water until, when tested, the syrup sticks to your fingers and forms a thread. Dip the ends of the leaves in this and with a brush moisten the cake where the leaf is to be applied.

Candy Dough

In one glass put the white of an egg, in another one put an equal quantity of water. Mix them slowly with half a pound of icing sugar and stir until it is dough-like.

Almond Creams

Blanch the almonds and cover them with candy dough. The outsides may be varied in looks to suit the taste.

Cream Dates

From fresh dates take out the stones. Lay a roll of candy dough in its place, press together, and lay away to stiffen.

Chocolate Creams

Boil together for five minutes half a cup of cream and two cups of granulated sugar. Set the dish in another of cold water and stir till the cream is hard enough to make into balls, first flavoring with vanilla. Melt the chocolate, and dip in the balls.

Chocolate Cream Caramels

Put twelve ounces of chocolate in a saucepan with one pint of chocolate syrup — sold by any grocer, or made after receipt on page 395, — and one tablespoon of vanilla. When the liquid begins to melt, add one pint of rich cream and one pound and a half of granulated sugar. Let all come to a boil, and when it begins to boil, stir it constantly until it becomes a large ball — which will be in about ten minutes. Pour into slightly oiled pans or on a marble slab. This caramel will take a long time to cool. Cut in long strips, then across in inch squares. Fold each one in oil paper as you cut it.

Cream Candies

Melt four cups of sugar and two cups of water. Add three heaping tablespoons of arrowroot and a pinch of cream of tartar. Boil up and pour into buttered moulds.

Cocoanut Drops

Take one pound of grated cocoanut, half a pound of pulverized sugar, and the whites of four eggs beaten to a stiff froth. You must have enough of the white of egg to wet the sugar and cocoanut. Beat well together and drop on buttered plates in drops the size of a five-cent piece, and bake.

Cocoanut Drops

One cocoanut grated fine, half a pound of pulverized sugar, and the whites of two eggs beaten to a froth. Drop on buttered paper and bake in a quick oven.

Walnut Creams

Take perfect half meats of walnuts, press on either side of a candy dough marble, and set away to harden.

Hickory Nut Kisses

Beat the whites of four eggs to a stiff froth, add one pound of granulated sugar, and one cup of hickory nut meats chopped rather fine. Drop from teaspoons upon buttered paper and bake fifteen minutes in a moderate oven.

French Nougat

Pour boiling water over half a pound of almonds. Let them stand for five minutes. Remove the skins, and wash them. Cut each one in eight long strips, then put them in the oven to dry.

In a copper or enamelled saucepan put five ounces of granulated sugar and stir carefully over the fire until colored brown, then add your almonds, which should be slightly brown and very hot. Mix all well together. Rub a little oil over a pan and pour in the mixture. Cut into pieces about four inches long and two inches wide. When cold, they are ready for use.

Fudge

Two cups of granulated sugar, half a cup of milk, a piece of butter a little larger than an egg, a little salt, and seven teaspoons of Baker's cocoa. Boil twelve minutes. Add three teaspoons of vanilla and stir for three minutes. Remove from the fire. Pour, caramel thickness, into buttered tins. When partially cold, mark off in squares.

A College Girl's Fudge

Take two cups of granulated sugar and one cup of milk, and after heating add two heaping tablespoons of chocolate and a piece of butter the size of an egg. Boil for twenty or thirty minutes. To test it, stir a little in a saucer. If it hardens when cold, it is fudge. As you take it from the fire, you may add a teaspoon of vanilla and some walnut meats, say a cup to the above proportions, or not, just as you please. Either with or without, it is fudge. When it is once off the fire, stir the mixture till it begins to stiffen, pour it in shallow buttered pans, mark off into squares, and set away to cool.

Maple Sugar Fudge

Follow the above receipt except in case of sugar. In this receipt take a cup and a half of maple sugar and half a cup of granulated sugar, and proceed as above directed.

Butter Scotch

Melt together two tablespoons of sugar, three of molasses, one of water, and two of butter. Pour in a buttered dish and set away to cool.

Sugared Popcorn

Take one cup of brown sugar, three tablespoons of water, and a lump of butter. Let the mixture boil until it holds together in water. Then add three quarts of popped corn and stir well. Care should be taken to use a kettle large enough to hold the corn.

Candied Popcorn

Cook one cup of butter, two cups of sugar, and three cups of molasses together until the mixture hardens in water, then stir in the popped corn.

Old-fashioned Cough Candy

Pour over a gill of whole flaxseed half a pint of boiling water. In another dish, holding a cup of slippery elm, pour also enough boiling water to cover. Let these stand for two hours, then strain both into a porcelain kettle containing a pound and a half of granulated sugar wet with the juice of two lemons. Press the strainer holding the seed and the elm in order to get their healing substances. Boil the mixture till it candies, and then pour it on pans on which buttered paper has been spread.

St. Louis Molasses Candy

Put one tablespoon of butter, one cup of sugar, and two tablespoons of water in a kettle. When the mixture boils, add half a cup of molasses. Boil fifteen or twenty minutes, or longer, according to test. Add nut meats just before pouring in buttered tins. Spread it as thin as possible.

Glazed Fruits

Put two pounds of cut sugar and two gills of cold water in a sugar boiler over the fire and boil until the top is covered with large bubbles. Test it by dropping a little into cold water. When it snaps, it is done. Wipe the sides of the boiler occasionally to remove the sugar that is apt to collect. Remove the boiler from the fire and dip the fruits in the sugar. Then lay them on a dish rubbed with a little olive oil.

Cranberry Jelly à la Cereal

Put one quart of cranberries with three cups of sugar and half a cup of hot water in a porcelain-lined saucepan over a slow fire for ten minutes, or until the sugar is thoroughly melted. Do not let them boil. Be careful not to stir them. Shake the saucepan back and forth on the range. When the sugar is dissolved, and the syrup is a bright red, pour the jelly in moulds to jell. The berries must be whole.

Cranberry Jelly

One quart of cranberries, one pint of granulated sugar, and half a pint of water. Cook the cranberries in the water for twenty minutes. Then rub through a fine sieve and add the sugar. Cook ten minutes longer. Do not add more or less of the liquid or sugar, or the jelly will not mould. It should boil all the time it is cooking. The time during which an article is coming to the boiling-point cannot be counted by any rule. The moment the liquid has cooked ten minutes, turn it into a mould and set it in a cool place for twelve hours or more. Cranberries should always be cooked in porcelain.

Currant Jelly

Remove the leaves, *not the stems*, and carefully pick over and wash the currants. Drain thoroughly. Put them in a

porcelain-lined preserving kettle and stew until they are reduced to a soft pulp. Rub the pulp through a colander. Then strain twice through a flannel bag. Be sure to get all the juice. Measure it, and to one pint of juice have one pound and a quarter of granulated sugar. Put the sugar where it will become thoroughly warmed, — on the shelf over the range is a good place. Boil the juice eighteen minutes *after it begins to boil*. Remove, and gradually stir in the warm sugar. Stir until the sugar is thoroughly dissolved, or when it jells the sugar will come to the top. Pour into jelly glasses and set in a cool place. The second or third day, soak pieces of white paper in alcohol, brandy, or whiskey, put them on the jelly, and cover the glasses with paper or tin cover.

Preserved Apples

Peal, core, and chop two pounds of fine acid apples. Meanwhile have boiling two pounds of sugar, three gills of water, and two ounces of ginger. When this syrup is thick, stir in the two pounds of chopped apples and boil till the apples are thick and clear.

Brandied Peaches

Select ripe White Heath peaches, rub each one smooth and clean, and boil until tender in syrup made as follows: A pound and a half of granulated sugar thoroughly dissolved in one quart of hot water. When the peaches are cooked, you can test them with a broom straw. Place them on a dish to cool. If you desire them extra strong of spirits, cover them with pure spirits or white brandy. When they have cooled, drain them and ascertain their weight. To one pound of fruit have half a pound of granulated sugar. Dissolve the sugar in a little water, place it on the stove and let it come to a boil, skim it, and to each pint of sugar syrup add one pint of fresh brandy

or spirits. Place the peaches in glass jars, fill each one with the hot syrup. The jars must have air-tight covers and be sealed while the contents are very hot.

Brandied Pears

Peal the pears and follow the receipt for peaches.

Brandied Plums

Prick the plums and proceed as for brandied peaches, cooking the fruit less.

Spiced Pears

Take one teaspoon of whole cloves, one tablespoon of allspice, and one tablespoon of cinnamon. Crush them slightly and boil one minute in a quart of vinegar and a pint of sugar mixed. Select a fine variety of pear, halve them, taking out the seeds, boil them in water until nearly tender, and finish them in the syrup, cooking them not too soft. Cover them well with syrup and place them in small, stone jars. Tie a cover over the jar.

Spiced Peaches

Are made the same as spiced pears, except that they are not boiled in water. The syrup will cook them sufficiently.

Black Raspberry Jam

Take one crate of berries, and, dividing them, crush one-half, heat in a preserving kettle, and then put them through a sieve. Add the liquid to the other half of the berries, set them over the fire, add a quarter of a pound of sugar to each box of berries, and boil till the jam is thick. Put in glasses, cover with paraffin, and set away for use.

Red Raspberry Jam

Take twelve boxes of berries, the juice of seven fine lemons, and ten pounds of sugar. Cook thoroughly in a preserving kettle and put in glasses, as in above receipt.

Rhubarb

Wash and cut in small pieces one pound of fresh rhubarb. Put in a baking dish with one cup of sugar, a cup of water, the thinnest possible shaving of lemon peel, and a bit of ginger. Cover and bake. When quite tender, remove from the oven and set aside to cool, removing the bits of lemon peel. Put two tablespoons of gelatine to soak in cold water and then dissolve it in a little hot water. Add to the rhubarb with a tablespoon of lemon juice. Pour into a mould and let it harden on the ice. Serve with whipped cream.

Rhubarb Jelly

Rhubarb jelly is made by putting the rhubarb, cut in small pieces, to cook in just enough water to cover it. Add a bit of lemon peel and cook slowly for ten minutes. For every pound of the rhubarb — weighed before it is cooked — add half a pound of sugar. Add gelatine enough to make a good, firm jelly when cold.

Strawberry Preserves

Weigh one pound of granulated sugar to one pound of large, ripe strawberries. Hull the berries, and, if it is necessary, wash them before hulling, and drain and thoroughly dry them. Place the sugar in a preserving kettle, with just enough water to prevent the sugar sticking to the bottom, and boil until it becomes a thick syrup. Skim off the scum that comes to the top. When the syrup is thick and clear, drop in

enough berries to float on the top, but not to crowd them. Let them boil twenty minutes. Remove them carefully — do not break them — and put them in air-tight jars. Boil the syrup for half an hour and while hot strain over the berries. Seal the jars and set them in a cool place.

Wintergreen Berry Jam à la Polonaise

After cleaning the berries, scald them for a moment, then take half a pound of sugar to one pound of berries, and cook in a porcelain kettle until the berries are clear and transparent. Grate orange rind very fine and add as a flavoring to taste. The berries should be stirred while cooking to prevent burning.

Chili Sauce

Chop and boil together two hours six dozen large, ripe tomatoes, one dozen green peppers, one dozen white onions, twelve tablespoons of salt, twenty-four tablespoons of brown sugar. twelve teaspoons each of ginger, cloves, and cinnamon. The kettle used here, as in cooking all acids, should be porcelain. While hot pour in bottles and seal hermetically.

Chili Sauce

Have at hand eighteen ripe tomatoes, six onions, six small red peppers, nine tablespoons of sugar, two cups of vinegar, and salt to taste. Peel the tomatoes and onions and remove the seeds and core from the peppers. Chop all very fine, add the sugar and salt, and boil in a porcelain kettle until the sauce becomes thick. While hot pour in air-tight jars.

Pepper Hash

Take one good-sized cabbage chopped fine, remove the seeds and core from twelve green peppers and two red peppers,

chop them, also two small teacups of grated horseradish, two ounces of whole cloves, two ounces of white mustard seed, half an ounce of celery seed, and about two quarts of cider vinegar. Sprinkle the chopped cabbage with salt. Let it stand for an hour. Then with the hand squeeze out all the water. After chopping the peppers, cover them with salt. Let them stand one hour. Press all the water from them through a colander or sieve, using a spoon, for the liquid would burn the hands. Mix all together and cover with vinegar.

Cucumber Pickle

Make a brine strong enough to hold up an egg. When boiling hot, pour over six hundred pickles and four green peppers. The pickles must be covered with the brine. Let them stand for twenty-four hours. Drain and thoroughly dry each one, then cover with boiling vinegar, and stand for twenty-four hours. Drain, heat fresh vinegar, and add the following ingredients to it: One ounce of whole cloves, one ounce of cinnamon sticks, one ounce of whole allspice, two quarts of brown sugar, half a pint of whole mustard seed, and four tablespoons of whole celery seed. While this mixture is boiling hot, pour it over the cucumbers. Place in a stone crock or glass jars. Remove the cores and nearly all the seeds from the peppers.

Stuffed Cucumbers

Pack medium-sized cucumbers in dry salt. In two weeks take them from the brine, soak them three days in fresh water, changing the water each day. Without rinsing, place them in a kettle in layers, between each layer add sliced onion, red (Chili) pepper, strips of horseradish, and a small quantity of sugar. When the kettle is half full, place in the middle a small quantity of whole spice — cinnamon, allspice, and cloves (less of cloves) — tied in a cloth. Cover with cold vinegar.

Stand on the stove and let them slowly come to a boil, and at once take them off and place in jars.

Open the cucumbers lengthwise, cut a small piece out of each half, fill the opening with strips of horseradish and black and white mustard seeds, wet with olive oil. Put the two halves together and tie with narrow strips of cheese-cloth. Put the cucumbers back in the vinegar to keep until needed. Serve after cutting and removing the binding.

French Pickle

Three quarts of sliced green tomatoes, one quart of sliced white onions, and three quarts of peeled and sliced cucumbers. Place all in a stone jar and sprinkle with one cup of salt. Let them stand twenty-four hours, then drain off the water and add half an ounce of celery seed, a quarter of an ounce of cloves or mace, one teacup of white mustard seed, and half a cup of black pepper. Blend one tablespoon of tumeric with a little water and two tablespoons of ground mustard. Add to the pickles and cover with one gallon of the best cider vinegar.

Oil Pickle

Peel and slice rather thick one hundred large cucumbers. Place them in a colander with salt between the layers. Put one-third as many white onions as you have cucumbers in a colander, and treat in the same manner as the cucumbers. Let them stand for three hours. Mix one-half pound of Coleman's mustard the same as you would for table use. Spread a layer of cucumbers in the bottom of a stone jar, then a layer of onions, then mustard, then moisten with olive oil. You will need one quart of oil for the above quantity. Spread another layer of cucumbers, onions, etc., and continue until the jar is two-thirds full. Cover all with cold vinegar. Tie a cloth over the jar and set in a cool place for a month or six weeks.

Green Tomato Pickle

Half a peck of green tomatoes, a dozen onions, half a dozen red peppers, half a dozen green peppers, half a pound of white mustard seed, and two ounces of celery seed. Slice the tomatoes in a stone jar and sprinkle salt between each layer. Cover with boiling water and let them stand over night. In the morning drain them thoroughly and scald them in a liquid made half of vinegar and half of water. Drain again. Place in a stone jar alternate layers of the tomatoes and the mixture of the mustard and celery seed, the sliced onions, and the peppers from which the seeds and cores are removed. Cover with vinegar.

Green Tomato Pickle

Take a peck of green tomatoes, two large green peppers, four large onions, a scant cup of grated horseradish, an ounce each of ground allspice, cinnamon, and white pepper, and a teacup of brown sugar. Cut the tomatoes in thin slices and place them in an earthen crock in layers. Sprinkle each layer lightly with salt and in the morning drain off the water. Remove the seeds and cores from the peppers, chop the onions, peppers, and tomatoes in small pieces, mix with the other ingredients in a porcelain-lined kettle, cover with cider vinegar, and stew gently until tender. Place in an earthen crock or in glass jars. Keep in a cool place.

CHAPTER XVI

BEVERAGES

Beverages

ALWAYS observe the following rules when compounding any cold beverage: —

Be sure to serve it ice cold and not too sweet. Have one piece of ice as large as possible, to use in the pitcher or bowl intended for serving. Small pieces of ice melt quickly and weaken the beverages. The sugar, fruit, and all ingredients, *except* the *wine*, *ice*, and *carbonated water*, should be mixed thoroughly and placed in the ice-box for at least three-quarters of an hour before they are served. Fifteen minutes before serving add the wine, except Champagne, stir well, and pour into the pitcher or bowl in which a large piece of ice has just been placed. Champagne and any carbonated water should not be added until just before serving.

Barley Water

Wipe very clean two tablespoons of pearl barley. Put it in a quart jug with three or four lumps of sugar, a pinch or two of salt, and a strip of lemon peel. Fill up the jug with boiling water and shake the mixture gently for some minutes. Then cover it and let it stand until perfectly cold. In twelve hours it will be fit for use. Made in this way the barley water will be comparatively clear and soft and pleasant to drink.

If the flavor of lemon is unpalatable to the invalid, or the sugar makes it too sweet, these ingredients may be omitted or modified.

A glass of calf's-foot jelly added to the barley is much appreciated by some. After the barley water has been poured off, the jug may be filled a second time with boiling water.

Barley Water

Put two ounces of well-washed pearl barley in a porcelain-lined saucepan with a quart of water, the grated rind and juice of a lemon, and two ounces of seeded raisins. Boil steadily until the liquor is reduced one-half. Strain and sweeten while warm.

Barley Negas

Boil two tablespoons of barley in a quart of water. Add a pint of Sherry, the juice of half a large lemon, a dash of nutmeg, and sweeten to taste.

A Bishop

Stick cloves in the rind of a lemon or orange and roast it a long time before a slow fire. Put equal quantities of cinnamon, cloves, allspice, and mace into a little water, and boil them until the whole strength is extracted. Boil a bottle of Port or claret wine and put the roast lemon and spice into it. Sweeten, and add the juice of half a lemon and grate in some nutmeg. Serve hot with the lemon and spice floating in it.

Blackberry Cordial

Heat the berries, press them through a colander, and strain the juice. To three pints of juice use one pound of sugar. Tie in a small bag the whole spice of cinnamon, clove, and allspice. Use clove very sparingly. Boil fifteen or twenty minutes. Add California brandy to taste.

Caudle

Mix two tablespoons of oatmeal in a quart of water with a blade or two of mace and a piece of lemon peel. Stir often, and let the mixture boil twenty minutes. Strain and sweeten, and add a little white wine, nutmeg, and a little lemon juice.

Chocolate Syrup

Mix three tablespoons of scraped chocolate with one pint of boiling water. Let the mixture boil up, then add one pint of sugar, and boil three minutes. When cold, add one tablespoon of vanilla.

Put two tablespoons of the syrup and two of cracked ice in a glass, and fill the glass with milk. Add two tablespoons of whipped cream. Stir well.

Brandy Cocktail

Fill a small bar glass one-third full of shaved ice, and on it place three or four dashes of gum syrup, two dashes of Angostura bitters, one wine-glass of brandy, and one or two dashes of curaçoa. Shake well together, strain into a cocktail glass, twist a small piece of lemon rind in it, and serve at once.

Holland Gin Cocktail

Fill a small bar glass one-third full of shaved ice, add two or three dashes of Boker's bitters, one wine-glass of Holland gin, and one or two dashes of curaçoa. Shake, and strain into a cocktail glass, twist a small piece of lemon rind in it, and serve at once.

Manhattan Cocktail

Take two dashes of curaçoa or maraschino, one pony of rye whiskey, one wine-glass of vermouth, three dashes of Boker's bitters, and two small lumps of ice, put into a small bar glass, shake well, and pour into a claret or cocktail glass. If one prefers it rather sweet, add two dashes of gum syrup.

Martini Cocktail

Put two small lumps of ice in a small bar glass, add one dash of Boker's bitters, two dashes of maraschino, one pony of Old Tom gin, and one wine-glass of vermouth. Shake thoroughly and strain into a large cocktail glass. Put a quarter of a slice of lemon in the glass and serve. If preferred very sweet, add two dashes of gum syrup.

Tom Gin Cocktail

The same as Holland gin cocktail, except the substituting Tom gin in place of the Holland gin.

Whiskey Cocktail

Take three or four dashes of gum syrup in a small bar glass, filled one-third full of shaved ice, add two dashes of Boker's bitters, and one wine-glass of whiskey. Shake, and strain into a cocktail glass. Twist a small piece of lemon rind in it and serve at once.

Boiled Coffee

Use as much ground coffee as is needed, allowing one tablespoon of coffee to one cup of boiling water. Place on the range, and when it comes to a boil, uncover and remove from the fire. Let it stand two or three minutes, then cover it, and replace over the fire. The instant it boils, remove and let it stand five minutes. It is then ready to serve. Sometimes an egg is beaten up and with a little cold water is mixed with the coffee before the boiling water is poured on. This is to clear it.

Black Coffee

Place six tablespoons of ground coffee in the strainer of a drip coffee-pot. Pour over it three cups of boiling water. Let it stand a minute or two after it has drained and then serve. The coffee must be ground very fine and the water must be boiling.

Austrian Coffee

A coffee of the above name, sometimes served at teas and receptions, is a cold, strong coffee, creamed and sweetened. It is served in small glasses, with a tablespoon of ice cream added to each glass after the coffee is put in.

A Breakfast Coffee

Three-quarters of a teacup of ground coffee, Java and Mocha mixed. Three-quarters of a pint of cold water. Stir together the yolk and white of an egg, and pour a third with a piece of the shell into the coffee. Mix well, add a pint and a half of boiling water, and boil quickly five minutes. Stir the coffee, set back, and boil slowly ten or fifteen minutes more, and add a little cold water to settle. Strain into the cups.

Cold Cocoa

To make one cup, mix one heaping teaspoon of cocoa with sugar to taste in a little hot water. Then fill the glass with rich cold milk or cream.

Cider Cup

Fill a pitcher with cracked ice and over it pour one quart of cider, add one small spoonful of sugar, and one bottle of club soda. Decorate the top with different kinds of thinly sliced fruits and a bunch of young mint. Serve at once.

Champagne Cup

Two gills of brandy, two gills of red curaçoa, one gill of green Chartreuse, a quarter of a pound of loaf sugar, and the juice of five lemons. After mixing, pour into a pitcher in which there is a large piece of ice. Then add a quart and a half of Champagne and one quart of Apollinaris.

Claret Cup

Ice the claret in the bottle, also the club soda. Do not put ice in the pitcher. Mix one teaspoonful of crushed mint juice with the juice of one lemon, one teaspoonful of sugar, two ponies of brandy, two ponies of curaçoa. When thoroughly mixed in a glass pitcher, add one bottle of claret and one bottle of club soda fresh from the ice, the thin peel of a whole lemon, a few slices of orange and pineapple, and decorate the top with a bunch of young mint, which has been slightly dampened and sprinkled with powdered sugar it give it a frosted appearance.

Claret Cup

Five lumps of sugar dissolved in water, one liqueur glass of Medford rum, one quart of good claret, one orange and one lime sliced thin, and the juice of one lemon. Place the paring of a cucumber and a large piece of ice in a good-sized pitcher, stir thoroughly, and after a few moments remove the cucumber rind. Then add one bottle of club soda and place a bunch of mint in the pitcher.

Champagne may be used in place of the soda. In place of the cucumber and mint use sliced pineapple and any small fruit.

Military Cup

Into a tumbler put five small lumps of ice and over the ice squeeze a lemon. The lemon should be a fine one and good for six vigorous squeezes before it is dry. After the lemon juice has trickled over the ice, throw in two teaspoons of fine sugar, and over the sugar pour claret until the ice is covered. Shake the mixture and pour it in a punch bowl which you have close at hand. In the tumbler make the same mixture five more times. At length when the punch bowl holds the claret, lemon juice, sugar, and ice pour in its midst a tablespoon of Benedictine cordial. Ladle this in freely and then add a quarter of a wine-glass of fine brandy. If you choose, add also half a glass

of Sherry. Stir well with the ladle and if you like float a half dozen berries on the punch. Serve by ladling a glass half full of the punch and then filling it with iced seltzer. The seltzer should be put in with such force that it will mix with the punch. Place a paper straw or two in each glass.

Moselle Cup

To four *small* lumps of sugar dissolved in a little water, add one quart of Moselle wine, one liqueur glass of Medford rum, one orange and one lime — both sliced thin. Pour all in a pitcher over a large piece of ice and place on ice. When thoroughly chilled add one bottle of club soda. Place a bunch of mint stems down in the top of the pitcher. Crush a leaf or two of mint with some sugar in the bottom of the pitcher before you pour in the ingredients.

Rhine Wine Cup

Ice the Rhine wine and club soda in a glass pitcher. In a glass pitcher mix one glass of maraschino with one glass of curaçoa. Add one quart of Rhine wine and a bottle of club soda. Decorate with thinly sliced fruits and place a bunch of verbena on top just before serving. Do not have any ice in the pitcher.

Egg Flip

To three beaten eggs add a quarter of a pound of sugar and a pint of boiling water, stirring well, and adding the water a little at a time. When the water is well stirred in, add half a pint of brandy and half a gill of rum and serve hot.

Egg Lemonade

Make a good New York lemonade by using one lemon to a tumbler. Add sugar enough to make it of the sweetness your taste wishes — it gains by being on the side of sour, that is, in wanting a little in sweetness, and then break into the tumbler

an absolutely fresh egg. Fill the glass nearly full of Vichy, or Apollinaris, or of pure cold water, and shake vigorously, having capped the tumbler with a metal shaker. When the egg is well lost in the liquid, it is ready to drink cold.

Egg Nog

Put a little shaved ice in a large glass and add one egg, half a wine-glass of brandy, half a wine-glass of Santa Cruz rum, and a large teaspoonful of powdered sugar. Fill the glass with rich milk and shake it until the ingredients are thoroughly mixed. Strain into another glass, grate a little nutmeg on the top, and serve. This may be made by using a wine-glass of either of the above liquors instead of both combined.

Egg Wine

Break a nice fresh egg into a tumbler and beat it until it is smooth and thick. Add a tablespoon of pulverized sugar and stir in a glass of the best Port wine. This is very strengthening for an invalid to take about the hour of noon, if the physician permits it. When wine is not allowed, a glass of new milk may be used instead.

Gin Rickey

Put two lumps of ice in a tall glass, add the juice of half a lime, the desired amount of gin, and then fill the glass with cold seltzer water.

Gum Syrup

Boil one generous pound of loaf sugar with one pint of water for five minutes, then add enough hot water to make it up to one quart. Bottle and use when needed.

High Ball

Put some cracked ice in a tall glass, add a half or full whiskey glass of Scotch whiskey. Fill the glass with seltzer. Twist a small piece of lemon rind in and serve at once.

Hot Scotch

Rub five lumps of sugar over the outside of a fresh lemon so that all the oil is absorbed. Place these in an earthen pitcher and add five Sherry glasses of the best Scotch whiskey. Light this and stir continually until it burns out. Add seven glasses of boiling water and serve at once.

Lemonade

The juice of twelve large lemons, thirty lumps of sugar thoroughly dissolved in a little water, and three quarts of water. Pour all in a pitcher with plenty of ice. This will serve ten or twelve people.

Soda Lemonade

Dissolve eight lumps of sugar in a little water and add the juice of three lemons. Pour into a glass pitcher over ice and add two bottles of club soda which is thoroughly chilled and one large lemon sliced thin. This will be enough for three persons.

Apollinaris Lemonade

Make Apollinaris lemonade the same way, substituting one and one-half pints of Apollinaris in place of soda water.

Mint Julep

Put one-half teaspoonful of orange bitters in a large glass with three sprigs of mint. Crush the mint in the bitters and then add one Sherry glass of Italian vermouth and one Sherry glass of rye whiskey. Fill the glass about one-quarter full of finely shaved ice, stir a little, then fill the glass with fine ice. Add a few thin slices of orange and pineapple, a few strawberries, and two or three sprigs of mint. Insert two straws and serve. Handle the glass carefully so as not to destroy the frosting on the outside of the glass.

Mint Julep

Strip tender leaves of mint into a tumbler and add to them as much wine, brandy, or other spirit as you wish to use. Put pounded ice into a second tumbler, pour over it the mint and wine, and continue to pour the mixture from one tumbler to the other until it is flavored with the mint to your taste. The oily flavor of the mint is extracted by the particles of ice striking the leaves as they pass from one tumbler to the other. Finally pack the glass with the julep in a large glass with pounded ice. Serve with care not to destroy the frost work on the glass.

Alexandra Punch

Pour one generous pint of boiling water over four teaspoonfuls of Oolong tea. Let it stand five minutes, then strain. When it is cold, add the juice of two oranges, two lemons, one spare pint of brandy, two Sherry glasses of green Chartreuse, and one quart Jamaica rum. Sweeten to taste and strain. Place a large lump of ice in a bowl and pour the mixture over it. Remove the seeds from two oranges and one lime. Slice them thin, add to the above. Lastly, pour in one quart of Champagne and serve at once.

Champagne Punch

Three teaspoonfuls of tea steeped five minutes in one pint of boiling water. Strain and stand away to cool. When cold, add one sliced orange, which has been peeled, six lumps of loaf sugar, five *thin* slices of pineapple, two liqueur glasses of brandy, two of maraschino, and two of Medford rum. Mix, and then add one quart of Champagne, one bottle of plain cold soda, and one-half pint Rhine wine. Pour in a punch bowl and serve at once.

Fruit Punch

Three *scant* Sherry glasses of curaçoa, the juice of three large lemons, one pint of fruit crushed with a little sugar, and

half a pint of brandy. Use either peaches or red raspberries with the above. Mix, and add two and one-half pints of claret. Sweeten to taste. Strain through a bag made of flannel and then add a quart and a half of Champagne and one pint of Apollinaris. If you cannot get the fresh fruit, you may substitute fruit syrups. Do not use sugar, should you use the syrup.

Mexican Punch

Mix one quart of Madeira, one pint of brandy, two Sherry glasses of Jamaica rum, one pint of Port wine, and the juice of six lemons. Peel and remove the seeds of eight oranges, slice them in the mixture, and sweeten to taste. Pour in a covered vessel (not metal) and set away in a cool place for four days. Three-quarters of an hour before using strain and pour into a punch bowl in which there is a big piece of ice. Add two quarts of Champagne just before serving.

Milk Punch

Put two small lumps of ice in a large glass and add one teaspoonful of fine white sugar, one wine-glass of brandy, and one-half wine-glass of Santa Cruz rum. Fill the glass with rich milk, shake it, and then strain into another glass. Grate a little nutmeg in the milk and serve.

Roman Punch

The ingredients are four quarts of Jamaica rum, three quarts of water, five pints of boiling milk, three pounds of loaf sugar, twenty-four lemons, and two nutmegs. Cut only the yellow of the lemons in thin slices. Let these and the nutmegs infuse for twenty-four hours in a warm place in one quart of the rum. Put into a large vessel the water, sugar, rum, and the rum the lemon has been in, and also the juice of the lemons. When the sugar is dissolved, add the milk boiling. It will curdle. Cover, and let the mixture stand one hour, and then filter it through a flannel bag till it is bright and clear as crystal.

This amount will fill one dozen quart bottles. It is better with age. A tablespoon of it over lemon ice makes a delicious dish.

Whiskey Punch

Have a good-sized pitcher with two *large* pieces of ice in it. Pour in one pint of good whiskey, Bourbon, and the juice of four lemons. Stir the mixture thoroughly with a spoon and then add two bottles of ginger ale — Cantrells' is the best — and six teaspoons of granulated sugar.

Root Beer

This wholesome drink, which was made every spring in the households of our American forbears, is delicious as well as healthful, and it is a pity that the use of genuine root beer is dying out. The sarsaparilla, yellow dock, dandelion, burdock, and hops used for its making were all products of the near-by woods and fields. Bark of the wild cherry was sometimes put in, birch bark also, and elecampane, and the aromatic spikenard. In springtime children went out with trowel and basket, and their intimate knowledge of the growths about them helped to their brewing.

The roots should be all thoroughly washed and then bruised. To two gallons of water take an ounce each of the ingredients. Put the roots in the cold water and set them over the fire so that the heating will draw all the essences and flavors of the growths. Let them steep about half an hour and then strain. Add a pound of sugar and about twenty-five drops of the oil of sassafras or spruce, and, when the brew is cool enough not to kill the yeast, add say six or eight tablespoons to the above quantity of water, or a dry yeast-cake or two dissolved in a little tepid water. Stir the yeast in well and set the brew away in an earthen jar and give it some hours to work. After three or four hours it may be bottled or kept in the jar for immediate drinking without bottling.

Currant Shrub

Add a pound of sugar to a pint of strained currant juice. Boil the sugar and juice gently together in a porcelain kettle, and, after boiling eight or ten minutes, set it where it will cool. When lukewarm, add a wine-glass of French brandy to every pint of syrup. Bottle, cork tight, and keep in a cool place.

Lemon Shrub

To a pint of the juice of fine fresh lemons put a pound of sugar. Measure out for each pint of the syrup three tablespoons of French brandy, and soak the thin rind of the lemons in it. Let the whole remain a day, stirring up the lemon juice and sugar frequently. The next day turn off the syrup and mix it with the brandy and lemon rinds. Put in clean bottles, cork and seal tight, and keep in a cool place.

Raspberry Shrub

To three quarts of fresh ripe raspberries put one quart of good vinegar. Let them remain together in a porcelain dish for a day, strain and boil and put to each pint of juice a pound of white sugar. Boil the whole together for half an hour and skim it clear. When cool, add a wine-glass of French brandy to each pint of the shrub.

A couple of tablespoons of this mixed with a tumbler two-thirds full of water is a wholesome and refreshing drink in fevers.

Raspberry Shrub

Pour one quart of vinegar over six quarts of red raspberries and let it stand twenty-four hours. Strain and add one pound of granulated sugar to one pint of juice. Scald twenty minutes. Bottle and cork tightly.

Strawberry Vinegar

Place the strawberries without water in a preserving kettle, let them heat until the juice is well drawn, and add sugar to make very sweet. Boil ten or fifteen minutes until rich, then add vinegar enough to taste a trifle acid.

Raspberry Vinegar

Is made in the same way.

Sherry Cobbler

Put in a glass five scant tablespoons of Sherry with a half a tablespoon of powdered sugar, one thin slice of lemon, and two thin slices of orange, and fill scantily with crushed ice. Place the shaker over the glass and shake it hard. Garnish with any small fruits in season. Candied cherries may be used if fresh fruits are not at hand. Serve with two straws. Any still wine may be used if preferred to Sherry.

Stone Fence

Pour one wine-glass of Bourbon or rye whiskey in a large bar glass, add two or three small lumps of ice, and fill the glass with sweet cider.

Tea

First scald the teapot and then allow one teaspoonful of tea for each cup of boiling water, and an extra one for the pot. Let stand for a few minutes and then serve. English breakfast tea should stand at least five minutes before it is served.

Russian Tea

Pour just enough boiling water over three generous tablespoons of English breakfast tea to cover it. Let it stand a minute, then draw the water off. Pour in half a pony of Jamaica rum and three pints of boiling water. Leave it to

steep for three or four minutes. Serve in cups with thin slices of lemon, powdered sugar, and a decanter of Jamaica rum on a tray.

Tom and Jerry

Beat together to a perfect froth four eggs, six large tablespoons of pulverized sugar, and six wine-glasses of St. Croix rum, and one pint of boiling water. Have ready two pitchers, both heated, and turn the mixture back and forth from one pitcher to another. Serve in hot glasses, having grated nutmeg over each glassful and drink at once.

Whips

One quart of cream, half a pint of wine, half a pound of sugar, the whites of three eggs, and the grated rind and juice of one lemon.

Whips

Take a pint of rather thin cream, add sugar to make it quite sweet, then a large wine-glass of wine and a tablespoon of the extract of lemon. Let this stand in a cool place while you are beating to a stiff froth the whites of three or four eggs. Add this to the cream, stirring rapidly. Serve in large-sized wine-glasses.

Innocent Wine

Pick from their stalks fine grapes of either the Concord, Diana, Delaware, or Muscatel variety. Lay them in a strong straining cloth in an earthen dish or jar, and bruise or break them, with a wooden masher preferable. Hang them in the cloth to drain and squeeze out all the juice, which will carry with it a portion of the colored tissue lying next the skin and holding the delicious aroma of the grape. Stir in liquid sugar to sweeten it. Have especial care that you do not get it too sweet — that is a fault of inexperienced cooks and of the untried palate. Melt the sugar thin with fresh cold water. In adding the water use judgment, the proportion is sometimes a

third part of water. Set the mixture on ice and serve ice-cold in a glass pitcher containing ice.

This is a wholesome and delicious afternoon-tea drink taken with biscuit slightly sweetened.

Mulled Wine

To a pint of water add a teaspoon of powdered cloves and cinnamon and set where it will boil. Beat the yolks of three eggs with a teaspoon of powdered sugar, and as soon as the water boils turn it on the yolks and sugar. Add a pint of wine and stir in the beaten whites of the eggs. Serve hot.

Wine Whey

Set on the fire in a porcelain saucepan a pint of milk. When it boils, pour in as much white wine as will turn it to curds. Boil it up, let the curds settle, strain off, add a little boiling water, and sweeten to taste.

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